

# REDBOOK

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## Secret thoughts from married guys

You have no idea what's on page 103

### MUST READ:

A TOWN  
TORN APART  
BY SEXTING

Find time for work, family, love & fun

## Salma tells all

including her genius anti-aging trick! p. 130

**EAT  
TO LOSE  
WEIGHT**

and don't skip dessert!

**8  
outfits  
every  
woman  
should  
own**

**YOUR  
ONE-STEP  
WAY TO  
PERFECT  
SKIN**

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A black and white close-up portrait of actress Julianna Margulies. She is looking directly at the camera with a slight smile. Her hair is dark and styled. She is wearing a light-colored jacket with a visible zipper. The background is plain white.

**"WE ALL HAVE TO DO 10  
THINGS AT ONCE. PERFECTLY."**

Julianna Margulies

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Diane Keaton



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# GET HEALTHY HAIR *Now!*

**Y**ou know good hair when you see it. It's smooth, shiny, and soft to the touch. However, as hair becomes damaged, its outer layer, or cuticle, gets roughed up—resulting in breakage and split ends. Pantene's scientists have identified ways to protect hair from this kind of damage, even after the use of heat-styling tools. Pantene's Breakage to Strength Keratin Protection System is formulated to leave hair strong against future damage, helping to prevent split ends.



Dr. Jeni Thomas, Pantene Principal Scientist, explains,

**“PANTENE PRO-V'S BREAKAGE TO STRENGTH FORMULAS HELP**

**PROTECT HAIR'S KERATIN STRUCTURE WHILE YOU WASH AND STYLE YOUR HAIR, SO YOU CAN GET THE HEALTHY LOOK YOU WANT.”** Here's how:

## DID YOU KNOW?

Pantene was the most awarded haircare brand in 2010.\*

\*Magazine awards from top U.S. print publications with award programs.



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— EVA MENDES, ACTRESS



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—Eva Mendes

dramatization

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\*strength against damage vs. non-conditioning shampoo. \*\*system: shampoo, conditioner & split end repair crème. †with direct application.



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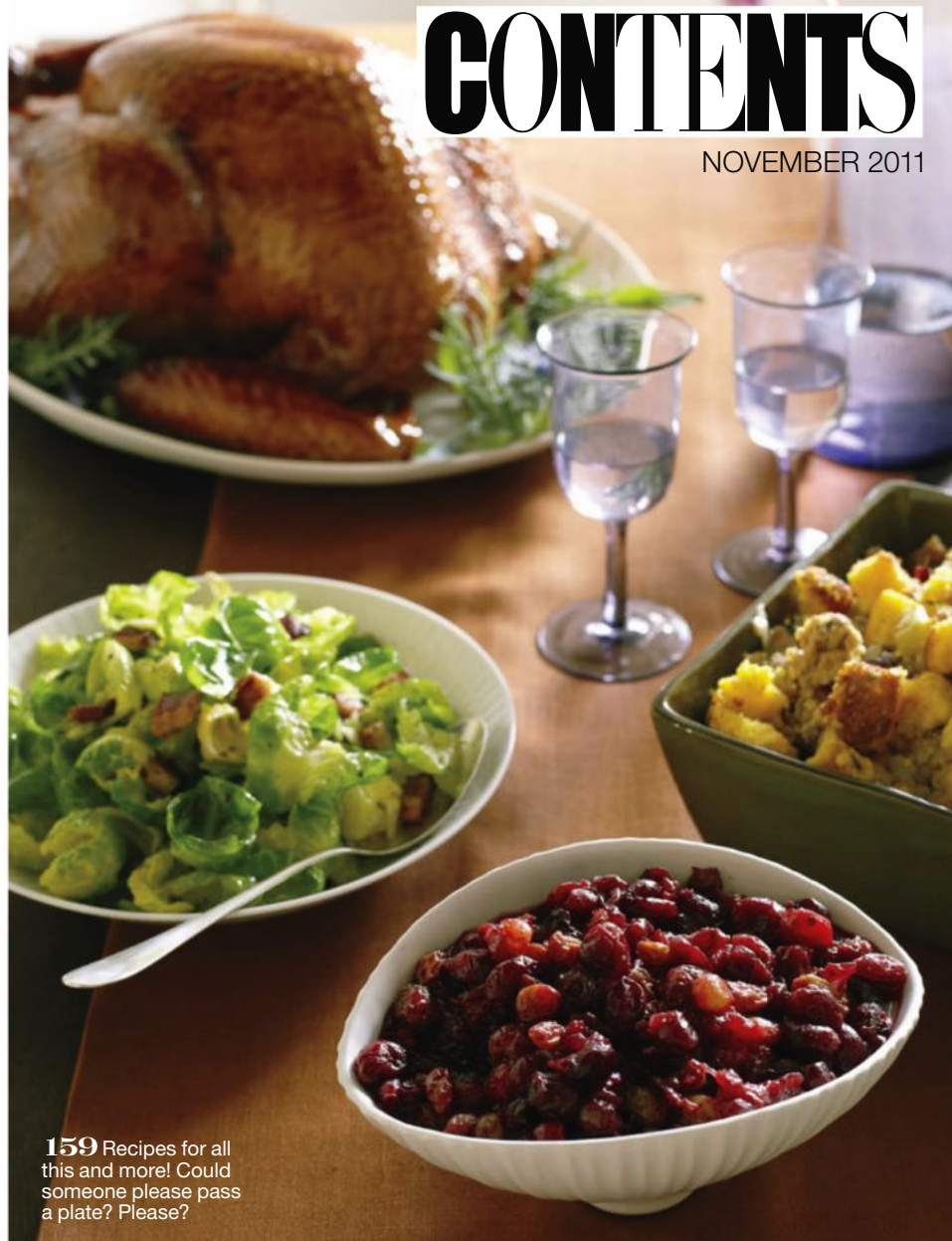
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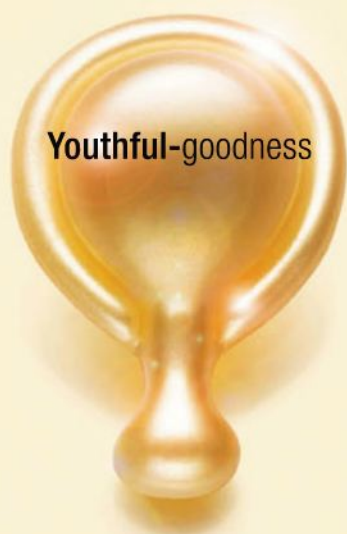
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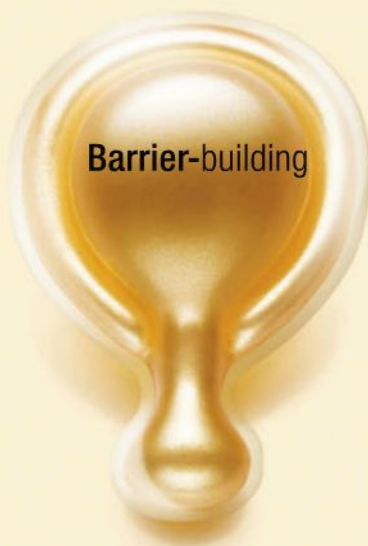


Salma Hayek photographed exclusively for REDBOOK by Ruven Afanador. Hair: Robert Vetica for Moroccanoil at themagnetagency.com. Makeup: Kristofer Buckle at starworksartists.com. Manicure: Tom Bachik for Chanel/Cloutier Remix. Stylist: Elizabeth Stewart at 1+1 Management. Dress: Alexander McQueen. Cuff: MCL by Matthew Campbell Laurenza. Get Salma's cover look with Full Effect Ultra-Volumizing Mascara in Black, Flawless Mineral Cheek Trio in Apricot, Color Vibrance Lipstick in Coral, and Blue Agave Curl Cream by Nuanca Salma Hayek.

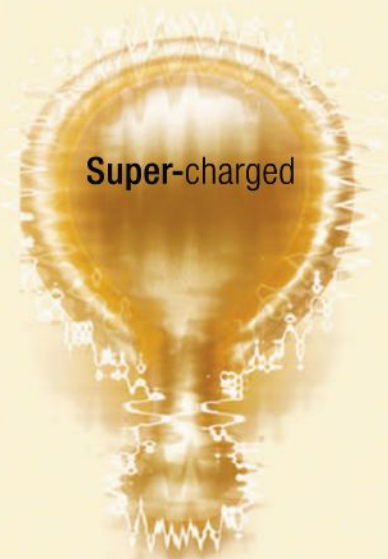
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## 6 things worth doing this month

**I refuse to spend** my November worrying about Thanksgiving (specifically, how to camouflage the large red wine stain on my only fancy tablecloth). Instead, I'm going to do exactly what 12 celeb chefs tell me on page 159, then focus on... **>> Belting everything.** Fab costumes, all with a nipped-in waist, are what makes indie girl Michelle Williams believable as a



Michelle Williams does the curvy thing as Marilyn.

bombshell in this month's *My Week With Marilyn*. Inspired by her sexiness, I vow to cinch things tighter this fall.

**>> Voting for REDBOOK's hottest husband!** The men you entered in this year's contest were off-the-charts gorgeous. Join thousands of readers (and me) in making the final pick at [redbookmag.com/hot husbands2012](http://redbookmag.com/hot husbands2012).



Staffers review the sizzling entries in our Hottest Husband contest. Yes, they get paid for this.

**>> Speaking Spanish at home** with my kids. My role models: Salma Hayek Pinault and daughter Valentina, who chatted in *three* languages at mom's cover shoot. **>> Volunteering.** My family delivers meals to the homebound elderly through Citymeals-on-Wheels, and it's as much a service



Valentina, age 4, helps out mom Salma at the shoot. She even picked out the bracelet on the cover! Below, Karen Karbo's new book.

to my children as it is to these seniors, who amaze us with their graciousness. **>> Shopping Gwen Stefani's kids line**, which hits Target on November 13. I'll fight you for that cute backpack! **>> Being as odd as I wanna be.**

I never fully appreciated Georgia O'Keeffe's wackiness until I read *How Georgia Became O'Keeffe*, the new biography by our columnist Karen Karbo. Pick it up: You'll laugh, learn, and fly your freak flag a little higher.



Above, my kids bring hot meals to seniors in need. Below, Gwen's funky-sweet style, shrunk down for Target.



Harajuku Mini for Target, 2-piece, \$30; backpack, \$13; onesie, \$20.



*Jill*

Jill Herzog, Editor-in-Chief  
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6 Shades



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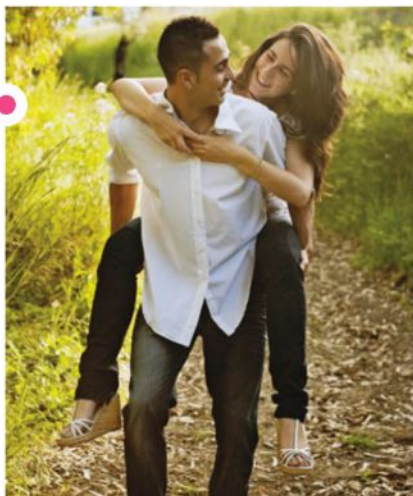
Christy is wearing New Instant Age Rewind® The Eraser Dark Circles in Medium. ©2011 Maybelline LLC.  
\*Instantly erases the appearance of dark circles and fine lines. Visibly diminishes the appearance of puffiness.



## Make him giddy without getting naked

[redbookmag.com/sweetspot](http://redbookmag.com/sweetspot)

Of course your husband likes it when you slip into something sexy—or out of it. But there are plenty of other ways to spark things up. Here are 25 sweet, easy ideas to connect with your guy *outside* of the bedroom.



tweet!  
tweet!



Share your secrets for staying motivated at the gym (or when faced with the dessert table) this holiday season @redbookmag with #redbookholidayfitness.



## Revamp your Turkey Day dinner

[redbookmag.com/turkeyday](http://redbookmag.com/turkeyday)

Upgrade your beloved holiday classics with seven of our favorite un-tricky recipes. Fair warning: They're so good, your family might ask you to host again next year.

## REDBOOK'S HOT HUSBAND OF THE MONTH

**Name:** Sam Cano, 27, Lewisville, TX

**Job:** Hairstylist

**Family:** Married 4 years; father to Kingston, 2, and Sutton, 10 months



Baby Sutton hangs with dad.

## Get salon-caliber haircolor at home

[redbookmag.com/haircolor](http://redbookmag.com/haircolor)

Try these supersimple D.I.Y. coloring tips. They'll help you brighten up your shade, cover a few grays, or retouch your roots without splashing out on a stylist or turning your hair orange.



## FREE DOGGIE SWAG

Not sure what to get your favorite member of the family this holiday? (We're kidding about the favorite part... mostly.) Every day this month, we're giving away sweaters, collars, and treats for your pup, all from PetSmart. Enter for a chance to win at [redbookmag.com/freebies](http://redbookmag.com/freebies).



"Oh, my God, I thought he was *beautiful*," says Nicole Cano of the first time she met her now-husband, Sam. (He's a body builder. She noticed.) But their relationship got deeper, fast. When Nicole's brother passed away, "Sam held me and made me feel like things were going to be okay," she says. After two years of dating, he proposed, and Nicole said yes in her own special way: "I tackled him before he got the question out!" Sam got busy renovating their home and soon was working on a nursery. "Now he builds things in the backyard for all of us," Nicole says. And Sam still finds ways to surprise her: "Last year for my birthday, he wrote on the bathroom mirror, 'Before I met you, I roamed through life without purpose. You have really shown me what true, unconditional love feels like.' It was what he was going to say to me the night he proposed—if I had ever let him get to that part!" —MALIA GRIGGS

## CAST YOUR VOTE FOR AMERICA'S HOTTEST HUSBAND!

Help us pick the hunkiest, all-around-best hubby—we've got 25 finalists you'll *really* enjoy ogling. Hurry, our polls close November 10! Click to [redbookmag.com/hothusbands2012](http://redbookmag.com/hothusbands2012).



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This month's **STAFF CHALLENGE:**  
Test-drive relationship principles  
from "Marriage, Inc." Put 'em to work  
yourself: Read page 150.

# REDBOOK

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"My husband  
can't really  
cook but wanted  
to help prepare  
dinner this  
weekend. So  
I played to  
his strengths  
and designated  
him Salad  
Maker. He did a  
great job, and  
was adorably  
pleased  
with himself.  
Bonus: less  
work for me."  
—MEGAN

"I'm a vocal  
backseat driver,  
but on our last  
road trip I tried  
sandwiching  
criticisms of my  
husband with  
compliments.  
He was much  
more receptive to  
my navigation  
when I praised  
his parking and  
traffic-battling  
skills. Lesson  
learned,  
for us *both*."  
—LAUREN

"My boyfriend  
and I had a talk  
about stuff  
that's important  
to us as a  
couple. Travel  
is up there,  
so we decided  
to cook dinner  
at home  
an extra night  
a week and  
save the money  
we would  
have spent  
for a trip  
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—ASHLEY



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This month's **STAFF CHALLENGE:**  
Try business tactics to make life with  
your partner hotter and happier.  
More ingenious ideas are on page 150.



# REDBOOK

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"Writing  
down the  
five most  
important  
things we  
expect from  
each other  
made me  
realize that  
I was so  
focused  
on what my  
husband  
wasn't  
doing that  
I wasn't  
appreciating  
all the things  
he does do."  
—ERIN

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"We made  
a list of things  
we love  
in our life.  
Even though  
our ski trip  
is far off, it  
was exciting to  
think of the  
slopes and  
après-ski  
bar ahead!"  
—CHRIS

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"I wooed  
my BF like  
he was a  
client, with a  
sunset picnic  
on a park  
bench and  
takeout. The  
fact that it  
was a surprise  
turned a  
simple gesture  
into something  
special."  
—JOANNE

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—MITU B.

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**"SMOOTH IS THE NEW YOUNG."**

Andie MacDowell

Andie is wearing Visible Lift Smooth Absolute in Sand Beige (172).  
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## LOOKIN' GOOD ALL MONTH

I had to write and thank you, thank you, *thank you* for the excellent fashion story “30 Days of New Outfits” [September]. I’m starting a new job and didn’t have the money to overhaul my wardrobe. After this inspiring article, I hit all the local thrift shops, magazine in hand, and found variations of 90 percent of the items on the list. I tried on clothes I never would have before—and I love them! Now I’m going to tape the pages to my closet wall so I won’t ever wonder, *What am I going to wear today?* You’ve made my simple wardrobe fabulous! —JOY CHOQUETTE, *St. Albans, VT*

## 9/11 REMEMBERED

I was bothered by the fact that you didn’t include anyone connected to the Pentagon in your 9/11 article [“The Children of 9/11: A Legacy of Hope,” September]. I was there that day, along with thousands of others, and I felt it was inexcusable for people like me to be left out when you included people connected to Flight 93 and the World Trade Center. —SHANNA DEMPSEY, *McConnell AFB, KS*

## THANKS, SOFIA!

Thank you so much for the great article on Sofia Vergara [“So Funny, So Sexy, Sofia,” September]. I’m a 21-year-old mom of two going

“Your article on Sofia Vergara showed me that there is a lot more to life after kids and divorce at a young age.”

through the arduous process of divorcing my husband. This story showed me that there is much more to life after kids and divorce at such a young age, and that I have a lot to look forward to. —TERRI GOODRICK, *Courtenay, BC*

## WE ASKED YOU ON FACEBOOK...

In September’s “My Husband Was Kind of a Slut,” Amanda Lynne Freeman revealed her struggle with her husband’s romantic past. We wondered: **What was the hardest thing for you to get over about your husband’s history?**

● “After I met him, I found out that many of his ex-girlfriends were beautiful (and there were a lot of them!). It made me feel a little inferior.” —WANDA NEGRON

● “His nipple piercings! I was so glad when he took them out, especially when he told me he only got them to annoy his parents.” —MANDI GOFORTH

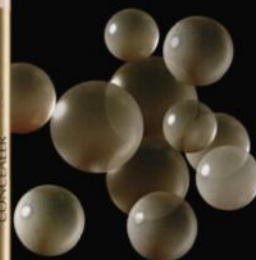
● “I’m actually kind of upset my husband *wasn’t* a slut. I was his first, and I wish he had a bit more experience.” —KITTY GARCIA

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YOUR HOUSE?



I DO, AND  
I LOVE IT

54%

I DO, BUT I  
HATE IT

11%

NO WAY. IT'S  
TOO MUCH  
WORK!

35%

71%  
OF YOU SAY  
YES! YES!  
YESSS!

HAVE  
YOU EVER  
FAKED IT  
WITH YOUR  
HUSBAND?

"I've been married for 32 years—  
that's a lot of sex. Sometimes,  
instead of saying no, I let him have  
his fun, act like I am too, and then I  
get some much-needed sleep."

—LINDA BRADY, GREENSBURG, PA

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YOU KEEP THE  
LIGHTS ON?

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WOULD YOU  
WEAR A  
FUR COAT?

YES  
32% NO  
68%

## BABY ON BOARD

HOW DID  
YOU GO  
PUBLIC  
WITH YOUR  
PREGNANCY  
NEWS?

"We had our parents  
over for Chinese food.  
My husband replaced  
the generic fortunes  
with ones that read:  
'There will be a  
new addition  
to your family' and  
'Lucky numbers:  
10-22-10.' That was  
our due date!"

—SHERYL HAUSMAN,  
KEW GARDENS, NY

"My husband and  
I were at a fund-  
raiser for our local radio station, so  
I got on the mic and told him we  
were pregnant on the air. He cried!"

—SUE JENNINGS, VIA EMAIL

"When I got pregnant the second  
time, I made an 'I'm a Big Brother'  
shirt for my son and had him wear it  
to a family gathering. Watching  
everyone read and digest it was  
hilarious. Now I have to find a clever  
way of announcing my current  
pregnancy. Maybe I'll hand them a  
copy of REDBOOK and tell them I'm  
in it!" —STEPHANIE DUVE, CUYAHOGA FALLS, OH



Beyoncé  
announced  
her pregnancy  
by flashing her  
bump at MTV's  
Video Music  
Awards.



I'm so  
warm and  
fuzzy.



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runway (top), and  
pelt-loving icon  
Cruella de Vil.



## WOW, THAT WAS **EMBARRASSING**: TRAVEL EDITION

### BROTHERLY UGH

"On a train ride through Europe, our youngest son started puking in the Pyrenees and didn't stop until Belgium. His brother was only 3 at the time, but he still remembers vividly where the vomit landed: on him. Thank goodness it was warm weather, because we ran out of clothes and he had to ride the last 300 miles naked!" —L.M.T., VIA FACEBOOK

paper in plane bathrooms

because they're gross, so she was holding handfuls of unsoiled-ish tissue. I did the only thing I could: reached behind me, detached the toilet paper, and placed it in the flight attendant's hands. She quietly walked away with it, and I dropped into my seat, humiliated." —M.S., DURHAM, NC

### PAPER TRAIL

"After walking the length of a plane back from the restroom, I realized the flight attendant had been right behind me the whole time. I turned around and saw that she had been collecting toilet paper that I was dragging down the aisle. It wasn't coming from my heel—it was actually still *attached to my nether regions* and coming out the back of my pants. I use a lot of toilet

### TEENY-TINY PORTA-POTTY

"My husband and I were driving with our two small children when a tire blew. He hitched a ride to the nearest town to buy a new one while I waited with the kids. I had to pee so badly that I couldn't hold it anymore, and used the toddler potty we had brought for emergencies. That's when a highway patrolman arrived. Try explaining that one!" —M.B., VIA EMAIL

### THEY DON'T LOOK WORRIED...

ACTRESSES GWYNETH PALTROW, KATE WINSLET, AND RACHEL WEISZ HAVE ALL **CLAIMED** THEY'LL NEVER GET BOTOX. DO YOU BELIEVE THEM?

35%  
YES

65%  
NO



Rachel Weisz



Kate Winslet



Gwyneth Paltrow

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<b>57%</b>	<b>18%</b>	<b>25%</b>

"It drives me crazy. The coverage brings out the worst in people, from the candidates to my friends who won't stop talking and arguing about it. And there's nowhere to hide until it's over!" —AMY PATTERSON MCPHERSON, THOMASVILLE, GA

TRAIN: LINDA WHITWAM/GETTY IMAGES; TOILET PAPER: NICHOLAS EVE/LEIGH/GETTY IMAGES; WEISZ: GETTY IMAGES; WINSLET, PALTROW: WIREIMAGE/GETTY IMAGES; SYRINGE: ISTOCKPHOTO.COM; WHITE HOUSE: UYEN LE/GETTY IMAGES.



## MOMMY-BLOGGER FACE-OFF

THE NEW *Twilight* MOVIE ALMOST GOT AN 'R' RATING. WILL YOU LET YOUR TWEEN SEE IT?

### ✓ YES

*Rihanna songs are dirtier!*

My 10-year-old daughter and I watched the first three *Twilight* Saga movies together, after I screened them to make sure they were appropriate. We'll do the same with *Breaking Dawn, Part 1*. As a card-carrying member of Team Jacob, she'll watch anxiously to find out if Bella

will have a change of heart. I'm on Team Edward (and I've read all the books—she hasn't), so I can't wait for her to see what happens in the end. I've heard that the new movie is violent and there's a sex scene, but honestly, my daughter has seen scarier scenes in previews for horror films and heard more explicit dialogue in Rihanna songs. As much as I'd like to, I can't hide my kids from everything that's too scary, too sexual, or too *much*, and I'd rather be there to explain anything that raises questions. Mostly, she just wonders whether I would let her date a werewolf or if Edward would win a fight with a zombie. I'm not that worried.

—ALI MARTELL, ALIMARTELL.COM

### ✓ NO

*Too sexy, too soon*

I have daughters who are 13, almost 15, and 17. My older two have seen all the *Twilight* movies, but my youngest has yet



to see a single one—and that isn't changing quite yet. While I'm very open with my girls about sex and love, I'm still careful

about how the movies they watch portray relationships. The constant seduction between Bella and Edward—not to mention the eventual wedding night—is a little much. A girl's transition from tween to teen is disorienting enough as it is; entertainment that's rife with adult themes doesn't help. The least I can do as a parent is exercise some caution on my daughter's behalf. My youngest knows she'll be able to see the Bella-Edward-Jacob love triangle eventually, but for now she's content with classic love stories like *Pride and Prejudice*. As fictional crushes go, I think Mr. Darcy beats Edward Cullen any day of the week.

—STACEY NERDIN, TREEROOTTWIG.COM

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# "MY ALMOST-FLING"

What happens in Vegas gets confessed right here: Ilene Rosenzweig on the wildest moment of her girlfriend getaway.

**I**t's 6:30 a.m. My friends H.J. and Jane are about to pick me up for a 24-hour action-packed girl getaway to Vegas—woo hoo!—and I tell my husband, "Forget it. I'm not going."

For one thing, I'm not packed. And I'm not going to be packed, because we just moved into this apartment 36 hours ago and it's wall-to-wall boxes. I'm surrounded by stuff, but none of it's mine. So far, all I've found are a lot of knights' swords, Darth Vader helmets, and old cutting boards—the detritus of a mom with two boys under the age of six.

What a reversal from eight years ago, when I moved into Rick's bachelor pad carrying two suitcases full of fishnets and miniskirts. Even if I did find one of those items, it wouldn't be any use, because I'm 10 pounds fatter than the last time I bought anything in vogue. Definitely nothing to "club" in. My clubbing days are over. I put that part of me in a box I can't find.

"I'm just going to go downstairs," I say, in my slippers, "and tell the girls I was a moron for thinking I could squeeze in Vegas during moving week. I'll stay here and get this disaster zone together."

Rick looks at me: "The boxes can wait."

I look at him: "You're a good husband."

I put on ballet flats, grab my barely packed overnight bag, and run to the idling minivan. At the wheel is H.J., a superefficient working Tiger Mom who raises half the budget for our public school, and Jane, a

fashionista and Agent's Wife, meaning she's basically raising three kids on her own and sees her husband when he stops in on the weekend to make an omelet. Our midweek getaway is a freebie, a business trip of H.J.'s (Wynn Resorts is a client). So we're letting ourselves be pulled in her jet stream to a 29th-floor suite at the Encore, with a view of all of Nevada, a bathroom bigger than my first apartment, and lots of VIP amenities—something sorely missing from my real life.

We indulge in a mommy-ladies lunch, pecking salads, gossiping about an ex-friend who'd run out on her husband. At the spa, I get an itsy-bitsy bikini wax that may grow in before my husband and I get around to having sex. Then, I overshop at the mall with my BFFs. "You look hot in those," they say. "You have to get them." So I buy the black hotpants and put them on as we dress for the night, drinking vanilla-pineapple vodkas and jamming to "Never Say Never." An amazing transformation takes place: Three naughty Cinderellas of a Certain Age step out for the night wearing more boot than dress.

I'm starting to feel like my pre-mom self as we walk into Marquee, where H.J. called ahead for a table and bottle service because she's so freaking organized. Two waitresses announce us, carrying our giant bottle of Absolut overhead, flashlights blazing, and bring all the accoutrements—mixers, ice, Red Bull. But these waitresses are not just waitresses. They're full-service



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Party Facilitators. They set up shots regularly and get us dancing, Jane shimmying, H.J. hair-whipping, me sliding up and down a mural of the Empire State Building. Just when I think we're really livin' it up, H.J. complains there are no cute guys. To the waitress.

She asks, "Do you like Swedes?"

Someone blurts out, "Yes!" That someone was me.

In an instant, she's back with two sandy-haired Thors—a tall one in an open white shirt, another in a preppy crested blazer. Open Shirt goes to Jane, Blazer to H.J. I look up for a third Swede with my name on him. When I look down, I find a short bald guy in glasses and a suit. He's in town for the LensCrafters convention, and wants to dance.

Mr. LensCrafters is from Chicago. A doctor. He's friendly. Too friendly. Trying to slip behind me for some dirty booty dancing. I keep spinning away. He purses his fish lips and makes his move—to kiss me.

"No way! Dude, we're three Married Mommies."

He shows me his ring and actually utters the words, "What happens in Vegas stays in Vegas." Then he's flashing BlackBerry photos of his kids. This is so not what I needed. I find Jane and tell her I'm ready to leave. It's 2 a.m. We help H.J. break it off with the Swede just before she gets artificially inseminated.

They're content, my two friends. They got their ya-ya's out. I, however, am having a horrible flashback to my 20s, lamenting that I'm a nerd magnet. Always have been. Now the nerds are just middle-aged cheats. This crushing feeling can only be drowned in carbs: pizza at the bar in the Encore lobby.

Then two guys sit down next to us. A round-faced shy type and Jake Gyllenhaal's better-looking Latino brother. The nice-looking one smiles in our direction and I think, *Wow. What a polite kid!* He smiles again, and says they're from Mexico City, in town for a bachelor party. I say, "I hope you're marrying someone better than any of us!"

He laughs and asks us what we did tonight.

Bottoming, with nothing to lose, I launch into a mini rant. The Swedes. LensCrafters. The whole thing.

He tells us their night was a bust. That American girls are supposed to be hot, but the ones they met at Tryst—the club at the Wynn—weren't. There was one Indian girl, but she kept talking about her father.

He's funny. And a lawyer. General counsel for a French telecom firm. Wearing a crisp pink button-down, faded jeans, and bespoke loafers. He's, at most, 28.

"What's your name?" I ask.

"Carrllllrrrr."

None of us ask him to repeat it, satisfied that his name should be an incomprehensible Latin purr.

Carrllllrrrr leans closer. "We should go to Tryst." He's looking at me.

So are my wing ladies.

I'm so stunned I don't know how to answer.

"I can't. I'm with my friends." Am I in high school? "Come on," he replies. "Just for 10 minutes."

I did get that bikini wax....

"Okay," I say, trying to buy time. "We'll change and meet you there." We get up. Carrllllrrrr gets up too. He's 6 feet tall. And following me into the lobby.

"Where are you going?" I ask.

"I know there is a 95 percent chance that if I let you go now, you won't come back," he purrs.

"No, we're coming back."

He grabs me with his eyes and says, "I am nervous too." Maybe it's a line, or maybe it's not. But I've never been more ready to go to Tryst in my life. God-dammit, why does it have to be called that?

I look up at Carrllllrrrr's shiny brown hair, lashed dark eyes, lips—and see the missing box. My opportunity to unpack the part of me I couldn't find. To spring back in time to a second chance at romance. Maybe a new country. A lifetime at Tryst.

I swallow hard. "I... can't. It's too late. I'm with my friends." I say it firmly. My decision. He looks at me, hurt, bows like Zorro, and walks off.

My heart sinks. The girls say how "hilarious" it is that Ilene was feeling like such a loser, then ended up with the hottest one! "Better to leave it at a harmless flirtation," H.J. says. But I'm in a regret spiral. Why didn't I have the nerve to go with him? It was so easy for H.J. and Jane to reconnect with their hair-whipping former selves. But the truth is, I was never that free. I was always tortured. I take half a Xanax and go to sleep.

In the minivan back from the Burbank airport that morning, we make a pact not to tell our husbands any of it. It'll be our go-to escape fantasy when we're cleaning pee off the boys' bathroom floor or baking in the Valley at our third baseball practice of the weekend.

At home, there's my husband—and a lot fewer boxes. He's spent the last 24 hours unpacking.

How was my trip?

I look at him for a beat, then say, "You're never going to believe what happened." I tell him everything.

Rick leans back in his chair, sucks in his breath. Seconds seem infinite before he replies: "You gotta write this down."

Then I kiss him hello. What can I say? We don't have secrets. I guess that's why our marriage can deflect the slings and arrows aimed at commitment and monogamy. But jeez, if I'd known he was going to be this understanding, maybe I shoulda just... Wait, did I write that out loud? **®**

### **SOUND OFF!**

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He grabs me with his eyes and says, "I am nervous too." I've never been more ready to go to Tryst in my life.





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# Your Hair Problems— Solved!

Say goodbye to bad hair days! Thanks to Aussie's NEW styling products you can get fuss-free, low-maintenance hair that looks high-maintenance gorgeous. Intrigued? Read on to learn how you can solve your biggest hair dilemmas—and get the naturally beautiful looks you love.



## 1 Hair Dilemma: FRIZZ

The secret's out! You can keep frizz at bay, even on high-humidity days, with **Aussie Anti-Frizz Cream**. The moment you apply it, the styling polymer combines with conditioning ingredients to control frizz and smooth down hair for up to 24 hours.



## 2 Hair Dilemma: DULL & DRY

For the perfect finishing touch—whether you're going sleek and straight, wearing your hair in a ponytail, or experimenting with an elaborate up-do—**Aussie Smoothing Serum** delivers sleek control and radiant shine.



## 3 Hair Dilemma: SPLIT ENDS

Do some damage control and defend against future damage with **Aussie Split-End Protector**. A silicone base smoothes the cuticle, so styling tools glide through. The end result? Radiantly healthy hair.



  
aussie®

Learn about the entire line of new Aussie styling products at [www.aussie.com](http://www.aussie.com)

Add Some Roo To Your Do®



YOU HAVEN'T GOT

aLL DaY.

BUT YOUR HAIRSTYLE DOES.

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INTRODUCING LONG-LASTING STYLERS FROM AUSSIE.

New Anti-Frizz Cream or Smoothing Serum — for frizz-fighting, naturally beautiful style that lasts all day. Even if you don't.



aussie.com



aussie®

Add Some Roo To Your Do.

NATURALLY BEAUTIFUL HAIR. NO WORRIES.





UPLIFTING.  
SUPPORTIVE.  
EXQUISITE  
CURVES.

*The smoothing, shaping  
Full Figure Lift and Support bra and  
new hi-cut brief with amazing fit.  
Comfortably priced at retailers nationwide.*

**VASSARETTE**  
vassarette.com





# 50

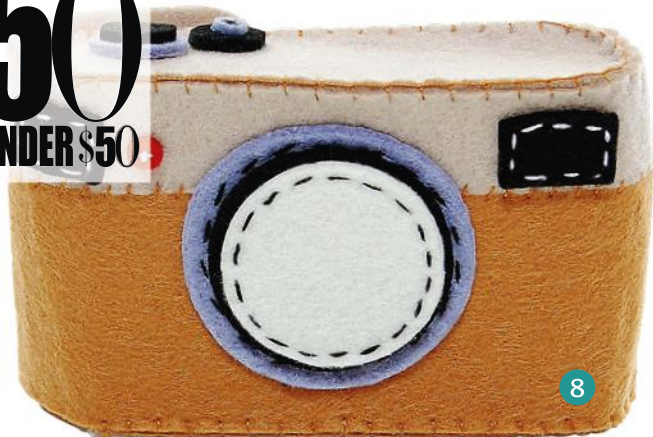
## UNDER \$50

SHOW THANKS TO YOURSELF (YOU SOO DESERVE IT) WITH THESE AMAZING STEALS, PLUS 25 TURKEY-FREE FINDS UNDER \$20!

- 1 Such a mod-chic lamp: It instantly cute-ifies a boring corner. Fillsta table lamp, \$14.99; [ikea.com](http://ikea.com). 2 Like a miniature modern-art installation for your wrist. Cuff, \$21.49; [overstock.com](http://overstock.com). 3 The sexy fit of this little blue dress will reignite date night. Dress, \$44.90; [windsorstore.com](http://windsorstore.com). 4 Three-fer alert: Scribble lips with these crayon-like lipsticks, in shades to suit your ever-changing moods. Bite Beauty High Pigment Pencil Trio Set, \$38; [sephora.com](http://sephora.com). 5 Light a fire, put the Riunite on ice, and have a throwback '70s fondue night. (Don't drip chocolate on the bearskin rug!) Orka chocolate fondue set, \$15; [amazon.com](http://amazon.com). 6 Who says your everyday bag has to be black or brown or boring? Go bold, bright, and beautiful. Bag, \$45; [lulus.com](http://lulus.com). 7 Your search for a cute new watch? It's a wrap! Curations With Stefani Greenfield watch, \$39.95; [hsn.com](http://hsn.com).



**50**  
UNDER \$50



HEY, FEEL THAT? IT'S YOUR WALLET **JUMPING FOR JOY.**



8 Embrace your inner kid with this ironic-cute camera pouch. Felt camera pouch, \$16; [uniquevintage.com](http://uniquevintage.com). 9 With these four dramatic shades, your nails are set for the next two months of party madness. Kuroko Kabuki Mini Nail Polish set, \$35; [narscosmetics.com](http://narscosmetics.com). 10 It's not good form to smirk when your pal tells you what she paid for *her* new red jeans. Jeans, \$24.90; [windsorstore.com](http://windsorstore.com). 11 Give your black flats a vacay. Lela Rose for Payless, \$42.99; [payless.com](http://payless.com). 12 Beautiful blue eyeliner—a little at your outer corners and you're elegant, not Debbie Gibson. I-Care Water-proof Eyeliner in Ocean, \$17; [laurageller.com](http://laurageller.com). 13 Taylor Swift's first scent is pretty much like she is: sweet with a dash of spice. Wonderstruck by Taylor Swift eau de parfum, \$49.50 for 1.7 oz; [shop.elizabetharden.com](http://shop.elizabetharden.com). 14 The look of this bracelet is J. Lo, the price is just *low*. Bracelet, \$29.95; [sendthetrend.com](http://sendthetrend.com). 15 A blouse that's sexy-secretary with a pencil skirt, way cool with jeans. UK Style by French Connection shirt, \$48; [sears.com](http://sears.com).

CAMERA POUCH: COURTESY OF MANUFACTURER.



Now, define, color  
and highlight in just  
one sweep.

NEW

## THE ONE SWEEP™ EYE SHADOW

Achieve a beautiful, professional look  
from our one-of-a-kind applicator.

In Natural, Playful, and now Smoky,  
12 expertly coordinated palettes enhance  
eye color like no other shadows can.



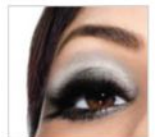
Mistake-proof results have never been easier.



SWEEP DOWN



SWEEP ACROSS



FINISHED LOOK

Because you're worth it.™

# L'ORÉAL® PARIS



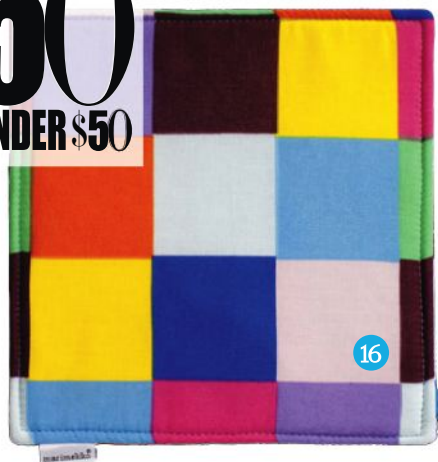
Discover backstage beauty secrets made easy at

[lorealparis.com/studiossecrets](http://lorealparis.com/studiossecrets)

Freida is wearing The One Sweep Eye Shadow in Smoky for All Eyes (908).  
©2011 L'Oréal USA, Inc.



50  
UNDER \$50



So gorgeous —  
only \$23!

16 Who cares if you burned dinner when you get to pull it out of the oven with this? Pot holder, \$11; marimekko.com. 17 Sure, this necklace is awesome for a party. We say, play Marilyn and wear it in the tub. Anna & Ava necklace, \$48; Dillard's. 18 The best no-ouch exfoliator. Gentle Body Scrub, \$20; aveneusa.com for stores. 19 This ring is mesmerizing. Now we get why all those elves and hobbits and whatnot were fighting over one! Ring, \$49.50; sorrelli.com. 20 Boots that say, "I own a spread in the country." Boots, \$39.99; avon.com. 21 Get wrapped up in fall's prettiest colors. Scarf, \$29.95; sendthetrend.com. 22 No animals were harmed in the assembly of this goofy-hip deer head. Cardboard Buck Jr. Trophy, \$32; fredflare.com. 23 This holiday season you'll be the hostess with the mostest and the one who spent the leastest. Dress, \$22.80; forever21.com.

POT HOLDER: COURTESY OF MANUFACTURER.





Unilever

FOR LEGS THAT CAN RUN A MARATHON,  
RUN A BATH & RUN A HOUSEHOLD.

VASELINE. NEVER STOP CARING.

Vaseline Total Moisture lotion, with vitamins and conditioning moisturizers, delivers 100% of the moisture your skin needs, so you're ready to take on another day and feel great doing it. Because you never stop caring. And neither do we.





**50**  
UNDER \$50

WAIT... KINDA **DIZZY**... WHICH **FUN** FIND TO LOOK AT FIRST?



24



25



26



30



28



27



29

*The coolest,  
craftsiest  
necklace*

24 Your new favorite you'd-better-not-spill-anything-on-mommy's-gorgeous bag. Tote, \$40; shop4sparkles.com. 25 A bracelet you'll want to wear *all* the time. (Just remember to take it off when you shower, please.) Bracelet, \$48; allisondanieldesigns.com. 26 If you're gonna declare war and leave the pot on the stove till he gets off his butt and cleans it, at least make sure it's this cute one. 5-quart pasta pot with built-in strainer, \$34.95; bialettishop.com. 27 Sparkle the night away. Clutch, \$34; davidsbridal.com. 28 Get pretty—and pretty warm—in pink. Vest, \$39.94; oldnavy.com. 29 You'll hear more cooing over this necklace than you did your firstborn. Necklace, \$48; bodenusa.com. 30 Does your hair turn into a static halo this time of year? (Yeah, us too.) Whip it into silky submission with this. Mask, \$22.99; orofluido.com for locations.



THE NEW STANDARD OF SLEEK: WEIGHTLESS.

**48-HR FRIZZ CONTROL,  
100% FREE OF HEAVY SILICONES.**



INTRODUCING  
**EVERSLEEK SMOOTHING SYSTEM\***  
100% SULFATE-FREE

**"THIS IS THE ULTIMATE DON'T-MESS-WITH-ME SLEEK."**  
JENNIFER LOPEZ



"Unlike other smoothing products with heavy silicones that can weigh your hair down, EverSleek is made with precious natural oils, so no matter the weather, your hair stays beautifully, weightlessly sleek."

**JOHNNY LAVOIE**  
L'Oréal Paris Consulting Stylist

Because you're worth it.™

**L'ORÉAL®**  
PARIS

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\*EverSleek System includes a shampoo, a conditioner and a treatment.



20  
UNDER \$20



## THE AVERAGE PRICE OF THE SUPER-ADORABLE ITEMS

31 A classic way to cozy up. Faded Glory scarf, \$12; Walmart. 32 This cleanser is a wake-up call for tired skin. Grassroots Research Labs Vitamin C Skin Refreshing Cleanser, \$15; kohls.com. 33 Wearable sunshine for gray days. Mossimo for Target cardigan, \$19.99; target.com. 34 Inspiration to bring your lunch to work. (We predict office-wide envy.) Lunchbox, \$7.95; spoonsisters.com. 35 Polish that looks hipsterish without trying too hard. Essie Nail Polish in School of Hard Rocks, \$8; ulta.com. 36 Give your lids a wash of soft, lovely, now-you're-festive color. Luxurious Color Diamond Lust Eye Shadow, \$4.99 each; revlon.com. 37 Need a tissue? Check the chimney! Casa tissue box cover, \$5; umbra.com. 38 Tired of back-breaking yard work, Ted and Fred decided to go into food service. Garden gnome salt and pepper Shakers, \$12; seltzerstudios.com. 39 Boho meets trust fund in this bracelet—and the result is brilliant. Cost Plus World Market bracelet, \$12.99; worldmarket.com. 40 Oh, look, your cupcakes got all dressed up for the party too. Cath Kidston cupcake liners, \$9.95; chroniclebooks.com.





41



Such a  
funky-glam  
bracelet



43



49



50



44



48



47



46



45

This is the  
cutest message  
board ever

ON THIS PAGE: \$12. AND NO, THAT IS NOT A MISPRINT!

41 The winningest purse-size emery boards. Tweezerman Harajuku Lovers matchbox files, \$4; sephora.com. 42 A stained-glass bracelet to make your inner choir sing. Bracelet, \$14; agabhumi.com. 43 Now you understand how he feels when he says, "Check out the hardware on that baby." Bongo bag, \$19.99; Kmart. 44 Yo, Harry Winston: This is a rock. Zad ring, \$12; messesofdresses.com. 45 Finally, your thoughts get the royal treatment they deserve! Magnetic wipe board, \$12; kikkerland.com. 46 Add this elephant to your bookshelf for good luck. Ceramic elephant, \$18; shopdesign spark.com. 47 Ugh: another PTA meeting where all they did was stare at your feet. And drool. Bamboo flats, \$16; makemechic.com. 48 A derm-designed cream for kids with touchy skin. Yes, you may swipe some.... We said some, not the whole dang thing! Dr. Robin for Kids Daily Moisture Cream, \$12; drrobin.md. 49 A sparkly brush to make you feel prettier as you dust on makeup. Sonia Kashuk Diamond in the Brush Kabuki Brush, \$12.99; target.com. 50 The three kings came early this year—with body butter for you! Nubian Heritage Raw Shea Butter, \$11.50; vitaminshoppe.com.



# FREEBIES!



**Free Stuff!**  
Plus the chance to win \$250,000  
(SEE DETAILS BELOW)

## A LUXE SKI VACATION

1 reader will win a 3-night trip for 2 to The Fairmont Chateau in Whistler, BC, including 2-day ski lift passes for 2, a 3-course dinner for 2 in the wine room, and complimentary evening cocktails and fitness center access—plus a \$600 airfare voucher. Total retail value, \$2,300.

A **diamond** necklace, all-new **bedroom** stuff, and an awesome **trip**, all yours without swiping a credit card. Enter to win at [redbookmag.com/freebies](http://redbookmag.com/freebies).

## DAZZLING DIAMONDS

3 readers will each win this dainty (and seriously sparkly!) champagne diamond necklace, on a 14K gold chain, from designer Kristen Elspeth. Value of each, \$520.



## SUCH A CHIC CLUTCH

4 readers will each win this oversize Camille Zarsky croc-embossed leather clutch: big enough to hold a mini laptop, elegant enough to whip out for date night. Value of each, \$425.



## MAKE YOUR OWN SODA!

10 readers will each win a SodaStream Fizz Machine, a home soda maker that includes a reusable bottle, carbonator, and 12 yummy flavorings. Value of set, \$150.



## FUN AND PRETTY POLISHES

25 readers will each win 6 Pop Beauty polishes in pretty hues like O'Boy (a perfectly-on-trend shade of nude). Value of set, \$60.



## SMOOTH, GORGEOUS HAIR

201 readers will each win 3 candy-colored brushes from Goody (for smoothing, styling, and reducing static). Value of set, \$21.47.



## A JEWELRY SPREE!

3 readers will each win \$500 to spend on any of Gorjana's designs—including stacking rings, hammered gold hoops, and leather wrap bracelets. Value of each, \$500.



## HOLIDAY SHOWS YOU LOVE

34 readers will each win *The Original Christmas Classics* Blu-ray box set from Classic Media. (Imagine Rudolph's nose on Blu-ray!) Value of set, \$44.99.



## PLUMP UP THOSE LIPS

60 readers will each win the new Quench & Correct plumping lip gloss from beauty guru Kate Somerville. Value of each, \$29.



## MAKE OVER YOUR BED

6 readers will each win this bright bedding from Blissliving Home, including a full/queen duvet cover and 2 pillow shams. Value of set, \$275.

Even better: You could win \$250,000 in cold, hard cash! For your chance, enter at [win250k.redbookmag.com](http://win250k.redbookmag.com). See page 179 for details.

RESORT: COURTESY OF THE FAIRMONT CHATEAU WHISTLER. NECKLACE: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. OTHER STILLS: COURTESY OF MANUFACTURERS.



# THE MOST COMPLETE MOUTHWASH<sup>\*</sup> NOW WITH LESS INTENSITY



Works in 6 ways for a complete clean with ZERO ALCOHOL.



HELPS PREVENT  
CAVITIES



RESTORES  
ENAMEL



STRENGTHENS  
TEETH



KILLS BAD  
BREATH GERMS



FRESHENS  
BREATH



CLEANS THE  
WHOLE MOUTH

Use as directed.



# TRAVEL *light* & GIFT *well*

PRESENTED BY  
**Zappos**  
POWERED BY SERVICE™

*'Tis the season!* We're gearing up for the holidays and you know what that means—lots of travel and lots of gifts! It can be an overwhelming task, but have no fear: Zappos.com Style Expert Brooke Hyden shares her favorite travel gear and gift ideas so you can stock up on must-haves for you AND your loved ones. Follow Brooke on Twitter: @ZapposStyle.



Brooke Hyden  
ZAPPOS.COM STYLE EXPERT



*For you*



## LUGGAGE

Having the right gear can make or break your trip! Stay on course with convenience—a carry-on rolling bag paired with a hands-free cross-body bag allows quick access to your smaller essentials.

Turni T-Tech Presidio Park International Business Carry-On, SKU: 7666707  
Kipling U.S.A. Eldorado Small Shoulder/Travel Bag, SKU: 7850762

## FOOTWEAR AND ACCESSORIES

A scarf is one of my key items for traveling. Both functional and fashionable, it keeps you warm while staying on trend—and can serve as a pillow in a pinch! And to keep my feet stylishly comfy, I never step out without a pair of walkable clogs.

UGG Sequin 4-Panel Scarf, SKU: 7802955  
Dansko Kenzie, SKU: 7655378

*For them*



## CLOTHING

Who can resist something warm and fuzzy? Cover him with warmth in fabulous fleece! It will be his go-to item this winter.

The North Face Men's Denali Jacket, SKU: 7624766  
Patagonia Men's R2™ Jacket, SKU: 7405195



## BAGS

Add some fun to her holiday with a whimsically printed tote for a day of shopping, or a clutch that adds a pop of color for a night on the town.

Vera Bradley Get Carried Away Tote, SKU: 7708349  
Hobo International Millie, SKU: 7706153



## BEAUTY

What better way to pamper someone than by helping them look their best? I love the beauty sets made just for the holidays—you get to try out different looks for your different moods! Plus, they're just so darned cute.

Stila Lipgloss, SKU: 7865419  
Pür Minerals Perfect Starter Kit, SKU: 7522792

For more of Brooke's picks, visit [zappos.com/stylists-picks](http://zappos.com/stylists-picks)



*The kinds of*

# BOOTS

*THAT WILL MAKE YOU FORGET TO ASK,  
"ARE WE THERE YET?"*



MERRELL®



CROCS®



Clarks



ROCKPORT®

Zappos.com has the boots you need no matter  
where your feet or travels may take you.



◀ FAST & FREE SHIPPING  
**BOTH WAYS** ▶

**365-DAY**  
RETURN POLICY





NOVEMBER 3-6

*Buy \$200 of Pandora Jewelry*

GET A NEW PANDORA 1-CLIP OR 5-CLIP BRACELET FREE

See participating store for details.  
Good while supplies last, limit one per customer.



A bracelet that fits your style like no other, starts with designs like no other. Hand finished charm by charm to make every detail more amazing, and every charm as unique as the moments they celebrate.

PANDORA.net

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**PANDORA**<sup>®</sup>  
UNFORGETTABLE MOMENTS



# WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

## TREND WITH BENEFITS

### The new ankle boots

Why you'll go nuts for a pair o' **booties**:

**1** Great with skirts and bare legs, great with skirts and tights, and even more awesome with pants. (You'll never have to awkwardly stuff the legs of your jeans into tall boots again. Rejoice!)

**2** They'll give you the same edgy vibe as thigh-high boots, without that *do-I-maybe-look-like-a-streetwalker?* feeling.

**3** From classic to outdoorsy to rock 'n' roll, there's a nicely priced pair to match every sensibility. Just turn the page!

Katie Holmes ups the fun factor of a dress-and-blazer combo with some kicky tasseled booties.



# TREND WITH BENEFITS

PROOF THAT VERY GOOD THINGS  
COME IN *SHORT* PACKAGES TOO.

## SEXY BOOTIES



1



2



3



4

## RUGGED WEDGES



5



6



7



8

## SLEEK WEDGES



9



10



11

Exactly like  
Minka's!

## PLATFORM HEELS



12



13



14

Minka Kelly  
gets cozy-  
chic from  
toe to head.



1 Maurices, \$34; maurices.com. 2 L.L.Bean Signature, \$189; llbeansignature.com. 3 Colin Stuart for Victoria's Secret Catalogue, \$188; victoriasssecret.com. 4 Lauren by Ralph Lauren, \$120; Macy's. 5 Sonoma, \$75; kohls.com. 6 Earthies, \$159; planetshoes.com. 7 Bakers, \$70; bakersshoes.com. 8 Avon, \$49.99; avon.com. 9 Ciao Bella, \$99; macys.com. 10 Pour La Victoire, \$295; pourlavictoire.com. 11 Ann Taylor, \$228; annataylor.com. 12 Nine West, \$139; ninewest.com. 13 Miss Me, \$31; makemechic.com. 14 A.n.a. by JCPenney, \$70; jcp.com.

BOOTS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC. KELLY: JACKSON LEE/SPASH NEWS.



“OVER TIME MY LASHES THINNED.  
NOW I USE LATISSE®”

-Shannon, age 41

**DOUBLE THE FULLNESS  
IN 16 WEEKS**



Lashes not retouched. Results may vary. Prescription only.

At 16 weeks with mascara

LATISSE® - the only FDA approved prescription treatment for inadequate or not enough lashes.

**Latisse®**  
(bimatoprost ophthalmic solution) 0.03%

LATISSE® is a prescription treatment for hypotrichosis (inadequate or not enough lashes) to grow eyelashes longer, fuller, darker.

**Important Safety Information**

If you are using, or have used, prescription products for eye pressure problems, use LATISSE® under close doctor care. LATISSE® use may cause increased brown pigmentation of the colored part of the eye which is likely permanent. Eyelid skin darkening may occur which may be reversible. Only apply at the base of the upper eyelashes. DO NOT APPLY to the lower eyelid. Hair growth may occur in skin areas that LATISSE® frequently touches. If you experience eye problems or have eye surgery, consult your doctor immediately about use of LATISSE®. Common side effects are itchy eyes and eye redness. If discontinued, lashes will gradually return to their previous appearance.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

Please see important product information on the following page. Call 1-877-LATISSE for more information.

Shannon is a real LATISSE® user and paid for appearing in this ad.



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® mark owned by Allergan, Inc. APC04NP11

**Why wait? Ask your doctor if LATISSE® is right for you.**

From Allergan, a company with 60 years of eye care expertise.



## PATIENT INFORMATION

**LATISSE® (la teece)** (bimatoprost ophthalmic solution) 0.03%

Read the Patient Information that comes with **LATISSE®** before you start using it and each time you get a refill. There may be new information. This leaflet does not take the place of talking with your physician about your treatment.

### What is hypotrichosis of the eyelashes?

Hypotrichosis is another name for having inadequate or not enough eyelashes.

### What is **LATISSE®** solution?

**LATISSE®** solution is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

### Who should NOT take **LATISSE®**?

Do not use **LATISSE®** solution if you are allergic to one of its ingredients.

### Are there any special warnings associated with **LATISSE®** use?

**LATISSE®** solution is intended for use on the skin of the upper eyelid margins at the base of the eyelashes. Refer to Illustration 2. **DO NOT APPLY** to the lower eyelid. If you are using **LUMIGAN®** or other products in the same class for elevated intraocular pressure (IOP), or if you have a history of abnormal IOP, you should only use **LATISSE®** under the close supervision of your physician.

**LATISSE®** use may cause darkening of the eyelid skin which may be reversible. **LATISSE®** use may also cause increased brown pigmentation of the colored part of the eye which is likely to be permanent.

It is possible for hair growth to occur in other areas of your skin that **LATISSE®** frequently touches. Any excess solution outside the upper eyelid margin should be blotted with a tissue or other absorbent material to reduce the chance of this from happening. It is also possible for a difference in eyelash length, thickness, fullness, pigmentation, number of eyelash hairs, and/or direction of eyelash growth to occur between eyes. These differences, should they occur, will usually go away if you stop using **LATISSE®**.

### Who should I tell that I am using **LATISSE®**?

You should tell your physician you are using **LATISSE®** especially if you have a history of eye pressure problems.

You should also tell anyone conducting an eye pressure screening that you are using **LATISSE®**.

### What should I do if I get **LATISSE®** in my eye?

**LATISSE®** solution is an ophthalmic drug product. **LATISSE®** is not expected to cause harm if it gets into the eye proper. Do not attempt to rinse your eye in this situation.

### What are the possible side effects of **LATISSE®**?

The most common side effects after using **LATISSE®** solution are an itching sensation in the eyes and/or eye redness. This was reported in approximately 4% of patients. **LATISSE®** solution may cause other less common side effects which typically occur on the skin close to where **LATISSE®** is applied, or in the eyes. These include skin darkening, eye irritation, dryness of the eyes, and redness of the eyelids.

If you develop a new ocular condition (e.g., trauma or infection), experience a sudden decrease in visual acuity, have ocular surgery, or develop any ocular reactions, particularly conjunctivitis and eyelid reactions, you should immediately seek your physician's advice concerning the continued use of **LATISSE®** solution.

### What happens if I stop using **LATISSE®**?

If you stop using **LATISSE®**, your eyelashes are expected to return to their previous appearance over several weeks to months.

Any eyelid skin darkening is expected to reverse after several weeks to months.

Any darkening of the colored part of the eye known as the iris is NOT expected to reverse and is likely permanent.

### How do I use **LATISSE®**?

**LATISSE®** solution is packaged as a 3 mL bottle of solution with 60 accompanying sterile, disposable applicators. The recommended dosage is one application nightly to the skin of the upper eyelid margin at the base of the eyelashes only.

Once nightly, start by ensuring your face is clean, makeup and contact lenses are removed. Remove an applicator from its tray. Then, holding the sterile applicator horizontally, place one drop of **LATISSE®** on the area of the applicator closest to the tip but not on the tip (see Illustration 1). Then immediately draw the applicator carefully across the skin of the upper eyelid margin at the base of the eyelashes (where the eyelashes meet the skin) going from the inner part of your lash line to the outer part (see Illustration 2). Blot any excess solution beyond the eyelid margin. Dispose of the applicator after one use.

Repeat for the opposite upper eyelid margin using a new sterile applicator. This helps minimize any potential for contamination from one eyelid to another.



ILLUSTRATION 1



ILLUSTRATION 2

**DO NOT APPLY** in your eye or to the lower lid. **ONLY** use the sterile applicators supplied with **LATISSE®** to apply the product. If you miss a dose, don't try to "catch up." Just apply **LATISSE®** solution the next evening. Fifty percent of patients treated with **LATISSE®** in a clinical study saw significant improvement by 2 months after starting treatment.

If any **LATISSE®** solution gets into the eye proper, it is not expected to cause harm. The eye should not be rinsed.

Don't allow the tip of the bottle or applicator to contact surrounding structures, fingers, or any other unintended surface in order to avoid contamination by common bacteria known to cause infections.

Contact lenses should be removed prior to application of **LATISSE®** and may be reinserted 15 minutes following its administration.

Use of **LATISSE®** more than once a day will not increase the growth of eyelashes more than use once a day.

Store **LATISSE®** solution at 36° to 77°F (2° to 25°C).

### General Information about **LATISSE®**

Prescription treatments are sometimes prescribed for conditions that are not mentioned in patient information leaflets. Do not use **LATISSE®** solution for a condition for which it was not prescribed. Do not give **LATISSE®** to other people. It may not be appropriate for them to use.

This leaflet summarizes the most important information about **LATISSE®** solution. If you would like more information, talk with your physician. You can also call Allergan's product information department at 1-800-433-8871.

### What are the ingredients in **LATISSE®**?

**Active ingredient:** bimatoprost

**Inactive ingredients:** benzalkonium chloride; sodium chloride; sodium phosphate, dibasic; citric acid; and purified water. Sodium hydroxide and/or hydrochloric acid may be added to adjust pH. The pH during its shelf life ranges from 6.8 - 7.8.

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# redbook notebook

what's new, noteworthy & now

november

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## Sizzling style tips from DVF

Listen up! Diane von Furstenberg, the patron saint of sex appeal, is gonna raise your closet's temperature.

### WANT HIM TO DROOL? PUT ON...

"Perfume. Women have used it as a weapon since antiquity. That's why I made sure my new scent is provocative, mysterious, and a little mischievous—like me."

Diane by Diane von Furstenberg eau de parfum, \$85 for 1.7 oz; Bloomingdale's.



### THE SECRET TO BEING A KNOCKOUT IS...

"To be in a good mood, to like what you're wearing, and to go for it—that's my formula. It's all in the attitude. I like fashion right now because you're allowed to express yourself however you want, so go ahead and be the woman you want to be."

### THE MOST IMPORTANT QUALITY IN A PAIR OF SHOES IS...

"They should make your legs look long. That's why I always wear strappy gold, nude, or black sandals."



Heels, Isolá, \$190; isolashoes.com.

### JEWELRY SHOULD MAKE A STATEMENT.

"I always have lots of heavy gold jewelry on to accent my look. I find it amazingly glamorous."

Earrings, Jones NY, \$30; 800-848-8668.



### FOR A FAST, FOXY BEAUTY ROUTINE...

"I spray Evian face mist on my hair to refresh my curls. And I won't walk out the door without using a Nars stick to highlight my cheekbones."

Nars, The Multiple in Maldives, \$39; narscosmetics.com. Evian Brumisateur Duo, \$14 for two 1.7-oz sprays; Sephora.



**NEVER, EVER, EVER...** "Wear anything stiff or uncomfortable. When you're comfortable, you feel confident, and when you feel confident, you look beautiful. I'm always on the go, so everything I put on has to be fluid and light. I love jersey dresses and tunics, and I love to do a bright blouse with a bright skirt for a color-blocked effect. But no matter what I'm wearing, my legs have to be able to move."

Bracelet, R.J. Graziano, \$65; 212-685-1248 to purchase. Top, Talbots, \$99; talbots.com. Skirt, Joe Fresh, \$29; 888-495-5111 for locations. Heels, Chinese Laundry, \$49.95; chineselaundry.com.

### EVERY WOMAN SHOULD OWN...

"A wrap dress. It's flattering on everyone. It doesn't wrinkle. It's proper but also sexy. You can dress it up, dress it down. My proudest moment was when I was on the cover of *Newsweek* for designing it, but I had no idea that 37 years later women would still embrace it!"

Dress, Diane von Furstenberg, \$398; dvf.com.

Fans of DVF's wrap dress, from left: Rosario Dawson, Michelle Trachtenberg, and Michelle Obama.







# CAN YOU TELL THE DIFFERENCE?

top stylists can't.\*



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In a salon test, we shampooed and conditioned one side of this model's hair with New Suave Professionals® Rosemary Mint and the other with Aveda® Rosemary Mint. Even top stylists couldn't tell the difference.\* **Take the challenge at [canyoutell.com](http://canyoutell.com)**

***The New Suave Professionals® Line***  
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## A cool jacket that multitasks

Look sharp! Put it over a  and , then slide into a  pair of . The scrum at the mall will stand back and let you pass. (Add a hip for good measure.) Or let it lend edge to a peppy  and wool . Oh, yeah,  Mama's got some attitude now...



### Get the look at any price!

**1** Ann Taylor, \$198; [anntaylor.com](http://anntaylor.com). **2** Express, \$98; [express.com](http://express.com). **3** Esprit, \$330; [esprit.com](http://esprit.com) for locations.

Above: Top, Three Dots, \$78; [shopthreedots.com](http://shopthreedots.com). Skirt, Old Navy, \$29.50; [oldnavy.com](http://oldnavy.com). Flats, Boden, \$164; [bodenusa.com](http://bodenusa.com). Bag, Gap, \$80; [gap.com](http://gap.com). Sweater, Lands' End Canvas, \$70; [landsendcanvas.com](http://landsendcanvas.com). Shorts, \$148; [frenchconnection.com](http://frenchconnection.com).

This leather jacket is a true investment piece: buttery-soft and sleek enough to never go out of style. Jacket, Club Monaco, \$595; 212-459-9863 for stores.



### Work it at work

Strong and elegant—just the way you and your clothes should feel in the office.

Top, H&M, \$34.95; [hm.com](http://hm.com) for store locations. Skirt, L.L.Bean, \$89; [llbean.com](http://llbean.com). Heels, Lela Rose for Payless, \$55; [payless.com](http://payless.com). Necklace, Jones NY, \$48; 800-848-8668.



### Toughen up your classics

A little leather knocks the uptight aura off all your proper preppy stuff.

Watch, Seiko, \$395; [seiko-usa.com](http://seiko-usa.com) for stores. Shirt, American Eagle Outfitters, \$39.50; [ae.com](http://ae.com). Cardigan, Loft, \$49.50; [loft.com](http://loft.com). Bag, Navoh, \$99; [navoh.com](http://navoh.com). Jeans, City Streets by JCPenney, \$19.99; [jcp.com](http://jcp.com). Booties, Madeline, \$59; [musthaveshoes.com](http://musthaveshoes.com).







### ◀ Go a little rock star

With this, you've got the studs, zippers, even a snake—hiya, badass!—and a major dose of comfort, too.

Top, Simply Vera Vera Wang, \$44; kohls.com. Ring, Avon, \$14.99; avon.com. Pants, Gap, \$70; gap.com. Bag, Kate Landry, \$89; Dillard's. Oxfords, Gomax, \$23; makemehic.com.

*Girly but still slick...*



### ▲ Make date night hotter

There's a reason the sexy-evil Bond girls wear leather. Give your guy plenty to lust after, and add some sparkle and color for you.

Necklace, Dillard's, \$32; Dillard's. Top, AML Clubwear, \$24.99; amclubwear.com. Skirt, Gracia, \$77; shopgracia.com. Heels, Pour La Victoire, \$250; pourlavictoire.com. Bracelet, Celestemichelle, \$48; celestemichelle.com.



*Major sparkle, mini price*



### Take it to the ball

With super-feminine stuff, this jacket is the style equivalent of mixing salty and sweet: *delicious*.

Earrings, Loft, \$39.50; loft.com. Dress, Eva Franco, \$370; modcloth.com. Bag, Martine Wester, \$63; martinewester.com. Heels, Badgley Mischka, \$215; lastcall.com.





# WHAT WOULD *Drew Barrymore* DO?



## CHILL

Drew mixes laid-back vibes—hippie on top, skater on bottom—like a true Cali girl.



## SEXY

So hot in a long-sleeved minidress: She knows how sexy it is to not show everything.



## DRESSY

There's rich sparkle here, but the cut of her clothes is relaxed enough that she still looks comfy.

**Steal Drew's style:** Her mash-up of old Hollywood glam and streetwise L.A. cool make for a look that works Anywhere, USA.



■ Meet your new weekend uniform: stretchy skinny jeans, fun kicks, and a poncho that hides a tummy. Sunglasses, Fantas-Eyes, \$9.97; charmingcharlie.com for store locations. Poncho, Loft, \$90; loft.com. Jeans, Mossimo for Target, \$22.99; target.com. Sneakers, Converse, \$55; urbanoutfitters.com.



■ Lipstick-red is classic bombshell, but it's tempered by a demure silhouette and ladylike accessories. Necklace, Mark, \$36; meetmark.com. Dress, eDressMe New York, \$148; edressme.com. Bag, Antonio Melani, \$99; dillards.com.



■ What's more fun than a thrown-on sequined tee? Retro-chic pants in a wood-grain (!!!) print. Top, MK2K, \$165; diamondsandpearl.com. Pants, French Connection, \$198; frenchconnection.com. Heels, L.A.M.B., \$295; amazon.com.



Same heels, both outfits!



BARRYMORE: FROM LEFT, MIGUEL AGUILAR/INPHOTO.COM, PACIFIC COAST NEWS, WIREIMAGE/GETTY IMAGES. STILLS: PHOTOGRAPHED BY BEN GOLDSTEIN/STUDIO D. STYLIST: STELLA REY FOR MARK EDWARD INC.



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# BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS TO...

## Wash your face right

If you've been lathering up the same way for years, it's time for a clean slate. Upgrade your cleanser, tweak your routine, and reveal glowing skin—tonight. By Kayleigh Donahue





## 1. FIGURE OUT YOUR SKIN TYPE

"I've found that the majority of women guess their skin type incorrectly, which means they could be using the wrong cleanser," says Leslie Baumann, M.D., a dermatologist and founder of the Cosmetic Medicine and Research Institute at University of Miami. Baumann stresses that it's best to let a dermatologist diagnose your skin type, but she says you can get a good read from this D.I.Y. test: Rinse your clean face with 10 splashes of lukewarm water, then pat it dry and wait 45 minutes. If your face feels tight or looks ashy, you probably have dry skin. If it's shiny all over, it's oily. If just your forehead, nose, and chin—the T-zone—are shiny, you likely have combination skin. And if your skin is easily irritated, that usually means it's sensitive.

## 2. Use the right cleanser



"The drier your skin, the fewer skin-stripping suds you want while cleansing," says Heidi Waldorf, M.D., director of laser and cosmetic dermatology at Mount Sinai Medical Center in New York City. And—bargain alert!—drugstore cleansers are just as good as pricier options. "Any fancy ingredients may wash right off your skin anyway," she says. Non-foaming formulas (creams, milks, lotions, oils, and cold creams) are best for dry or combination skin because they have few surfactants, i.e., the stuff that lathers. Try Eau Thermale Avène Gentle Milk Cleanser (top right), \$18. Foaming, gel, and "deep cleaning" cleansers often contain the highest amount of surfactants, so they're ideal for oily types. Try Neutrogena Fresh Foaming Cleanser (bottom left), \$5.99, or, if you have breakouts, choose one that also has salicylic acid to unclog pores, like Olay Acne Control Face Wash (bottom right), \$6.99. For sensitive skin, "look for soothing ingredients such as soy, feverfew, or green tea," says Baumann. Aveeno Ultra-Calming Foaming Cleanser (top left), \$6.99, contains feverfew.

## 4. STASH WIPES

*For nights when you're too exhausted to wash your face, keep a box of pre-moistened face wipes in your bedside table. "They clean almost as well as a regular cleanser," Waldorf says.*



Burt's Bees Facial Cleansing Towelettes, \$6.

## 3. SPLASH WITH CARE

Here's the cold, hard truth: Rinsing your face with icy water won't tighten your pores. And using hot water, though it may feel good, can dehydrate skin. Lukewarm is best, and if you have redness, try cool—not cold—water, to help constrict blood vessels, Waldorf says. What *can* impact your skin is hard water (check your supply with a simple water-testing strip, available at the hardware store). "Over time, it can cause skin irritation," Baumann says. "Putting a purifier on your bathroom sink will filter out some of those harsh minerals."

## 5. And psst: You can skip...

**...washing your face every morning.** So long as you cleanse before bed, "you can nix it the next morning every now and then," says Baumann. (But if you have breakouts, wash twice a day.)

**...using a separate makeup remover.** "Your cleanser or face wipe will take off everything," says Waldorf. The exception: heavy or waterproof eye makeup, which you should dissolve first with an oil-based makeup remover. Try Lancôme Bi-Facil Double-Action Eye Makeup Remover (left), \$26.

**...the nubby washcloth.** "It's too abrasive for most skin types," says Waldorf. Instead, exfoliate two to three times a week with either an electric face brush (ideal for sensitive skin) or a scrub with beads (granules can scratch skin). We like The Body Shop Vitamin E Exfoliator (above), \$20.

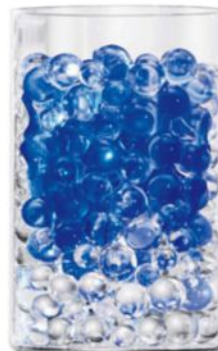




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\*Demonstration of one ingredient in NutriumMoisture™ shows difference in how moisturizers can work differently on skin's surface.



## 9 WORTH-IT BUYS TO KEEP YOU GLOWING INTO WINTER



Four brushes  
and a mirror  
inside!

**1 Balm with benefits** Rich shea butter softens lips for hours, but you'll want to pull out the pretty tube whenever possible. L'Occitane Limited Edition Shea Butter Lip Balm, \$12.

**2 So cute, so practical!** A wallet-size case houses brushes for foundation, shadow, blush, and lipstick, plus a mirror. Dior Mini Brush Set, \$62.

**3 Pure and simple shadow** Mineral makeup fans, behold: pressed shadows free of parabens, synthetic preservatives, and chemicals. Bare Minerals Ready Eyeshadow 4.0 Quad in The Dream Sequence, \$30.

**4 Your foundation Rx** Blue pigments in the fair shades correct sallowness, pink ones in the medium shades balance yellow tones, and gold ones in the dark shades counter ashiness. Giorgio Armani Beauty Designer Lift Foundation, \$65.

**5 24K lips** Dab this sheer gold gloss on bare lips or atop a lipcolor for a luminous gleam. Givenchy Gloss Crystal Shine in Or Céleste, \$26.50.

**6 Shortcut to youthful eyes** All the anti-aging benefits of the best-selling, natural ingredients-based Plantscription serum in a nourishing eye cream. Origins Plantscription Anti-aging Eye Treatment, \$42.50.

**7 What sultry smells like** The lush floral notes and touch of patchouli will sneak up on him—and then, *kapow!* Emilio Pucci Miss Pucci Intense eau de parfum, \$60 for 1 oz.

**8 Silkier hair in seconds** A few spritzes of this mighty treatment are all it takes to deep-condition, soften, and strengthen hair. Matrix Color Care Son Couleur Miracle Treat 12 Lotion Spray, \$16.

**9 Prettier ponytail holders** These fabric-covered numbers with metal detailing add instant polish to hair—and pass for cool bracelets when you throw 'em on your wrist. Goody DoubleWear 2in1 Ponytailers, \$5.99 for 3.

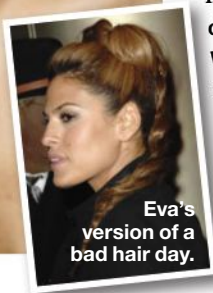
PHOTOGRAPHED BY GREG MARINO/STUDIO D.





*Coldwater Creek*





BEAUTY CHAT WITH...

# Eva Mendes

Eva Mendes doesn't consider herself an icon of glamour, but the beauty industry begs to differ. The former Revlon spokesmodel is the newest face of Pantene hair care and Thierry Mugler's Angel fragrance (she even sings in the commercial!). But despite being constantly fussed over on sets, the star still has a healthy, laid-back approach to her looks.

**You're a hair model now, but are there any red-carpet hair moments you regret?** Oh, absolutely!

One was the New York premiere of *Ghost Rider* (left, inset); I had a high, chunky braid. There had been a huge snowstorm that day, so we did my hair in the car. It didn't work on me.

**What are your makeup essentials?** I'm into lightweight, sheer products like tinted moisturizer and cheek stains. Then I'll curl my lashes and apply light coats of mascara. And I love a good lipstick in a soft pink or peachy color—I rarely wear red.

**What's the best pro trick you've learned?** A makeup artist named Hallie D'Amore taught me how to treat puffy skin: Fill a large bowl with ice water and a little witch hazel, then dunk your face in and out several times in a row. It de-puffs and tightens your skin, instantly. —VICTORIA KIRBY

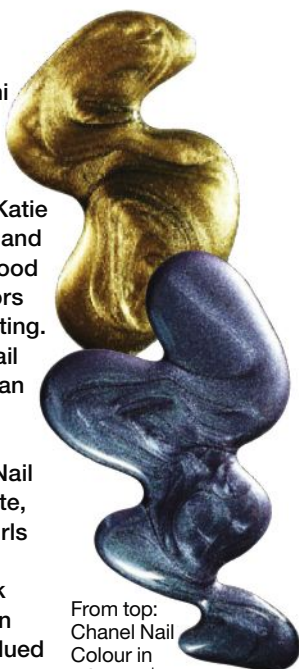


**Eva's favorites,** clockwise from top: Tom Ford Lip Color in Sable Smoke, \$48; Thierry Mugler Angel eau de toilette, \$97 for 2.7 oz.; Benefit Benetint cheek stain, \$29; Laura Mercier Tinted Moisturizer, \$42; Dr. Hauschka Clearing Milk, \$36.95.

TRY THIS TREND

## DUOCHROME NAILS

Hollywood's latest mani trend really steals the spotlight. Metallic polishes called duochromes, seen on Katie Holmes, Nicole Richie, and other stars, look like mood rings for nails: The colors change in different lighting. Two we love: Chanel Nail Colour in Périidot, \$25, an antique-gold hue that reflects green and purple, and Borghese Nail Lacquer in Stellare Notte, \$8, a rich navy with swirls of turquoise and violet. These shades may look wild in the bottle, but on nails they're more subdued than the usual glittery metallics. "They create a cool, mystical effect," says celebrity manicurist Jin Soon Choi. Try one soon. —PERRI O. BLUMBERG



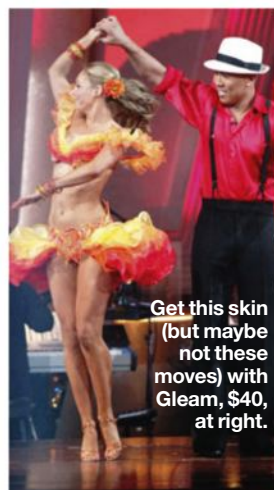
From top: Chanel Nail Colour in Périidot, \$25; Borghese Nail Lacquer in Stellare Notte, \$8.

REDBOOK FOUND OUT

### What do the contestants on *Dancing With the Stars* use to get such glowing body skin?

It's a concoction whipped up by the show's former lead makeup artist, Melanie Mills. "I would custom-mix foundation with body lotion and glitter to make the skin glisten on camera," she says. Lucky for the rest of us, Mills created Gleam, a toned-down version of the luminizer. It comes in four skin-tone shades, covers flaws, and has superfine shimmer (not sparkle). Let it set for five minutes and it won't budge till you shower.

—KAYLEIGH DONAHUE



Get this skin (but maybe not these moves) with Gleam, \$40, at right.





"I like to arm myself with  
**cocktail bling."**

*Essie*

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winter  
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Slip onto something satiny tonight—and wake up dewier tomorrow.

## DO ONE THING, LOOK YOUNGER

### SLEEP ON A SATIN PILLOWCASE

There's one thing you *already* know how to do in bed that gives you a youthful flush, but here's another quickie fix: Switch to a satin pillowcase. "Cotton sheets, especially ones with a high thread count, are very absorbent," says Patricia Wexler, M.D., associate clinical professor of dermatology at Mount Sinai School of Medicine in New York City. "In the winter, when your skin is drier, a cotton pillowcase may draw some of your much-needed moisturizer from your face." (And dryness makes fine lines more obvious.) Satin cases, on the other hand, don't absorb moisture, helping your skin stay balanced. So give yourself the Liz Taylor treatment and try one.

## REDBOOK INVESTIGATES:

### The truth about DNA and anti-aging products

**T**he latest debate about DNA is taking place in the beauty aisles, not in the courtroom (or on *CSI: Miami*). A new crop of creams, treatments, and makeup claims to use genomics research to make you look younger, but do they work?

Scientists have long known that wrinkles and sagging are caused by damage to collagen proteins and elastin fibers, which are the skin's support structures. Now they're focusing on what goes on inside the cells that make up those structures. All cells contain DNA, which acts like a code, telling cells how to behave. As we get older, these DNA messages slow down or get corrupted, so cells that once diligently cranked out collagen or protected the skin's barrier (e.g. its outermost layer) instead start creating inflammation, which contributes to aging.

So what does this mean for your face? As cosmetics companies learn more about how changes in DNA impact skin, they're targeting their treatments to better respond to these issues. New products contain ingredients that soothe inflammation and help the skin's barrier stay strong, which researchers believe can "trick" skin into acting younger. "When the barrier is restored and inflammation is reduced, skin cells can focus again on collagen production and self-protection," says Rosemarie Osborne, Ph.D., principal scientist for P&G Beauty.

Dermatologists are still a bit wary of all the hoopla: "This is an exciting new technology, but we need to see more results on people, not just in labs, to know the extent of the effects," says Neil Sadick, M.D., clinical professor of dermatology at Weill Cornell Medical College in New York City. "Until then, it's more theory than reality." —VICTORIA KIRBY



## GENE POOL

- **Olay Professional Pro-X Intensive Wrinkle Protocol System**, \$62. In clinical tests, this three-product system containing niacinamide (a skin-barrier strengthener) worked as well as a prescription retinoid cream for reducing the appearance of wrinkles after eight weeks of use.
- **Avon Anew Genics Treatment Cream**, \$38, contains collagen-boosting ingredients, plus plant and fruit extracts that help to activate the genes related to skin-cell protection.
- **L'Oréal Paris Youth Code Serum Intense**, \$24.99. A healthy kind of bacteria plus peptides help to stimulate skin's repair gene so it recovers faster from exposure to UV rays and pollutants.
- **Revlon Age Defying With DNA Advantage Cream Makeup**, \$14.99. Niacinamide, ceramides, and hyaluronic acid in this foundation all work to maintain a strong skin barrier.





# Lift Away Dark Spots

TURN THE PAGE TO FIND OUT HOW



# SPOT-ON SKINCARE

## Say Goodbye to Dark Spots

Have you noticed more dark spots lately? Bothered by uneven skin tone? The fact is, as we get older dark spots can appear, and for many different reasons. The good news: **New Garnier® Skin Renew Clinical Dark Spot Corrector** is a daily moisturizer that harnesses the power of pure Vitamin C to lighten pigmentation, and helps lift away dark spots—giving you clear, smooth, younger-looking skin.



New York City dermatologist Hadley C. King, M.D., a clinical instructor of dermatology at the Weill Cornell Medical Center, sheds some light on the subject. There are a few common types of dark spots. Read on to learn more about what might be causing yours.



HADLEY C. KING, M.D.

### ACNE MARKS

Post-inflammatory hyper-pigmentation is a mark left on the skin after it has been inflamed from, for example, acne or a bug bite. This type of discoloration is more common in darker skin types. Skin that has a higher potential to produce pigment *will* produce more pigment in response to inflammation.

### MELASMA

Melasma is caused by the combination of high levels of hormones—which can occur during pregnancy or while on birth control pills—and sun exposure. This combo stimulates pigment-producing cells, and most commonly appears on the upper cheeks, upper lip, and forehead.

### AGE SPOTS

Age spots come primarily from lifetime accumulation of sun exposure. Age spots will appear when melanin is produced in higher concentration. While anyone can develop age spots, they're generally more common in light-colored or fair skin.

"Studies have shown that stabilized forms of topical Vitamin C can be effective for reducing the appearance of dark spots." —Dr. Hadley C. King



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Garnier® Skin Renew Clinical Dark Spot Corrector uses the power of pure Vitamin C to treat dark spots, age spots, and acne marks. This advanced skincare product contains a high level of pure, potent Vitamin C for effective yet gentle action on the pigmentation cycle. It helps break apart clusters, lift away spots, and push new, healthy cells to the surface for an even tone with fewer discolorations.

The result? Dark, damaged surface cells are lifted away, revealing radiant, even-toned skin. In fact, 82% of consumers saw spots reduced in size and intensity\* after 12 weeks.

\*in a consumer study after 12 weeks



# SEE RESULTS RIGHT NOW!



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NEW

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\*In a consumer study after 12 weeks.





# Q My hands are starting to look like my grandmother's. What can I do?

▲ Put your paws up! But first, give them some anti-aging TLC.



**A THE DERMATOLOGIST SAYS:**

"Hands are the most sun-exposed part of the body after the face and chest, but most women aren't as diligent about protecting them—which is why they often show damage early on. Excessive sun exposure causes

**Kathy Fields, M.D.,** assistant clinical professor of dermatology at the University of California, San Francisco, and coauthor of *Write Your Skin a Prescription for Change*

spots (from overproduction of melanin) and prominent veins (due to collagen damage that thins the skin). Loss of fat, which happens with age, also makes veins more visible." Skin-

brightening products containing vitamin C or kojic acid can reduce spots after three months of daily use. "But you must also apply sunscreen *every morning*—and every three hours when you're outside—to prevent new spots," Fields says. No cream will fix bulging veins, but a moisturizer with light-diffusing particles can make them less noticeable.



**A THE CHEMIST SAYS:**

"When your hands are dry, lines and crepey-ness are more obvious, which is why it's so important to keep them moisturized: It plumps the skin so they appear more youthful." Most body lotions aren't hydrating enough to do the

**Ni'Kita Wilson,** cosmetic chemist and vice president of research and innovation at Englewood Lab in Englewood, NJ

job, so use a hand cream that contains humectants like hyaluronic acid and glycerin, which draw water to the skin, plus ingredients that prevent moisture loss, such as

petrolatum and cocoa butter. Reapply throughout the day—"especially with all the hand-washing you do during flu season," says Wilson—and wear leather gloves (which won't wick away moisture) when you're outside. "They keep hands hydrated while protecting against dry air and UV rays, which cause damage even in the winter."



**A THE MANICURIST SAYS:**

"Cracked, ragged cuticles make hands look worn. To rejuvenate them, exfoliate with a scrub, then rub a dot of cuticle cream into each nail bed. Give it a minute to absorb, then use an orange wood stick to push back your cuticles."

**Lisa Logan,** celebrity manicurist whose clients include Beyoncé and Madonna

Long, pointy nails look old-fashioned, so file 'em short and round, then either buff each nail with five strokes of

a nail buffer labeled "240/320 grit" or apply a fun polish color. ("But keep in mind that blue-ish shades can make veins more obvious on fair skin," Logan says.) For something classic, try a warm-toned neutral polish. And if you're getting a salon manicure, "add on a paraffin wax treatment," she suggests. "It plumps the skin and makes hands incredibly smooth and baby-soft." —KAYLEIGH DONAHUE

## HANDY SOLUTIONS



Rodan + Fields Anti-Age Shield Hand Balm SPF 30, \$43, has vitamin C and light-diffusing particles.



Aveeno Intense Relief Hand Cream, \$5.99, contains glycerin and petrolatum.



Leather gloves protect skin. Echo gloves, \$115.



A cuticle cream such as Sally Hansen Nails & Cuticle Hand Creme, \$5.99, absorbs better than an oil.

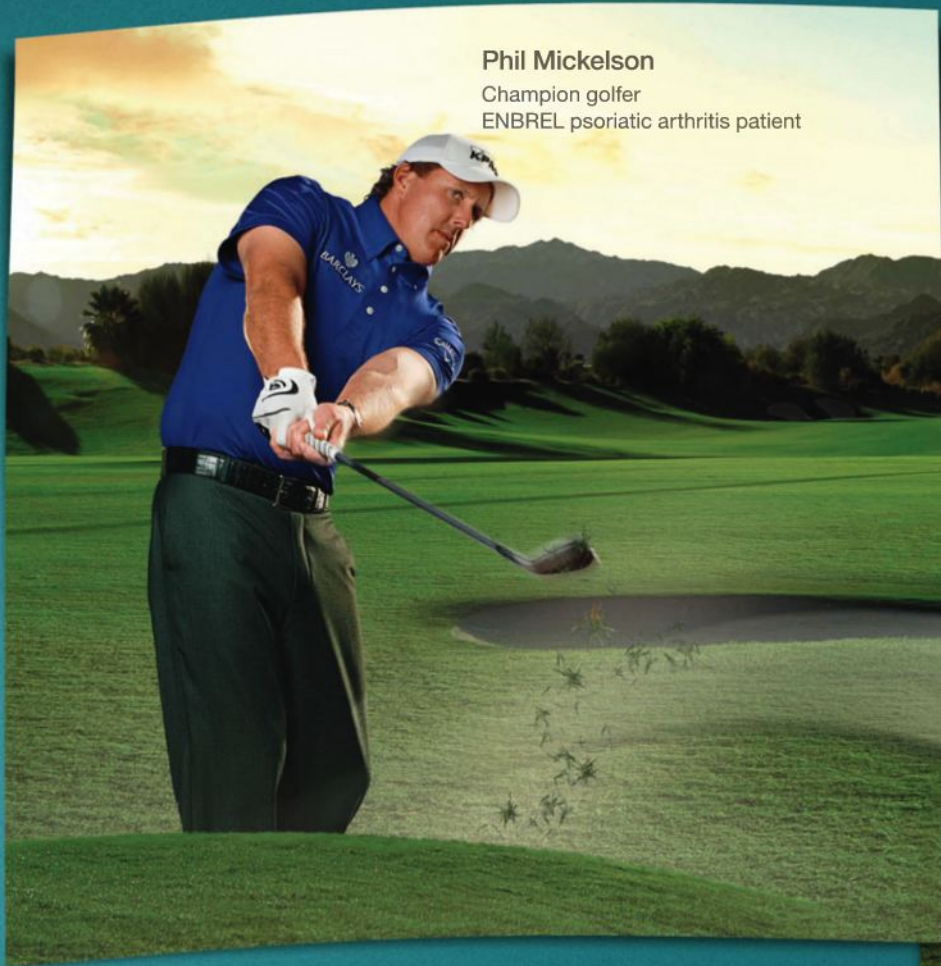


CND Nail Colour in Desert Suede, \$9.



If you have psoriatic arthritis or moderate to severe rheumatoid arthritis

# “Don’t let joint pain keep you from



**Phil Mickelson**

Champion golfer

ENBREL psoriatic arthritis patient

**ENBREL is the #1 prescribed biologic** by rheumatologists. ENBREL is also approved for adults with moderate to severe rheumatoid arthritis (RA). At six months, ENBREL was shown to be effective in about 50% of psoriatic arthritis patients who used it.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with psoriatic arthritis. ENBREL can be used in combination with methotrexate in patients who do not respond adequately to methotrexate alone.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

#### **IMPORTANT SAFETY INFORMATION**

##### **What is the most important information I should know about ENBREL?**

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system

to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

##### **Before starting ENBREL, tell your doctor if you:**

- Have any existing medical conditions

- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay
- Have any open cuts or sores
- Have diabetes, HIV, or a weak immune system
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live, have lived in, or traveled to certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis.



the things that matter most.” *Phil Yuhle*



“In the summer of 2010, I experienced intense joint pain and had trouble walking. My rheumatologist diagnosed me with psoriatic arthritis and prescribed ENBREL, a medicine that can relieve pain and stiffness, improve physical function, and help stop joint damage from worsening. Now I'm back to doing the things I love.”

Your results may vary.

Ask your rheumatologist if ENBREL may be right for you, if you have joint pain, stiffness, or swelling, and think you may have psoriatic arthritis or RA. Call 1-888-4ENBREL or visit [www.enbrel.com](http://www.enbrel.com). Prescription ENBREL is taken by injection.



These infections may develop or become more severe if you take ENBREL. If you don't know if these infections are common in the areas you've been to, ask your doctor

- Have or have had hepatitis B
- Have or have had heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytoxan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have, have had, or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery

- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.

- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant, or breastfeeding
- Have been around someone with chicken pox

#### What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: New **infections** or worsening of infections you already have; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**;

**autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

**Common side effects include:** Injection site reactions, upper respiratory infections (sinus infections), and headache. These are not all the side effects with ENBREL. Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**Please see accompanying Medication Guide on the next page.**

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## Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

### What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

#### 1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

#### 2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

### Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

#### Infections – tell your doctor if you:

- have an infection. (See "What is the most important information I should know about Enbrel?")
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

### Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
  - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
  - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
  - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

**Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:**

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
  - ✓ all vaccines should be brought up-to-date before starting Enbrel.
  - ✓ people taking Enbrel should not receive live vaccines.
  - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
  - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
  - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section "What are the possible side effects of Enbrel?" below for more information.

### What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See "What is the most important information I should know about Enbrel?" and "What are the possible side effects of Enbrel?"

### Who should not use Enbrel?

#### Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

#### How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
  - Single-use Prefilled Syringe
  - Single-use Prefilled SureClick Autoinjector
  - Multiple-use Vial
- See the detailed "Patient Instructions for Use" with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(s) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. **Do not use Enbrel more often than as directed by your doctor.**
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

### What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See "What is the most important information I should know about Enbrel?"

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See "Before starting Enbrel, be sure to talk to your doctor" for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
  - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
  - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

### Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

### How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- **Do not freeze.**
- **Do not shake.**
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

### General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

### What are the ingredients in Enbrel?

**Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:**

**Active Ingredient:** etanercept

**Inactive Ingredients:** sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

**Multiple-use Vial:**

**Active Ingredient:** etanercept

**Inactive Ingredients:** mannitol, sucrose, tromethamine v5

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Thousand Oaks, CA 91320

**Pfizer**

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August 2011. Photo by Joe Woolhead.

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# HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE

## 4 sneaky reasons your back hurts

News for ice-packed people: It's not just heavy bags and sky-high heels that kill your back.

Ever bend down to pick up a dust bunny or whatever and then—agh!—something gets tweaked on the way up? “Back pain is one of the most common reasons women see their doctors, and a full 80 percent of people will suffer from an episode in their lifetime,” says Martin Leland, M.D., an orthopedic surgeon at the University of Chicago Medical Center. But you *can* outsmart these surprising triggers:

**YOUR CUTE FLATS** Some ballet-style flats can cause more pain than you'd imagine. Ultra-thin soles don't absorb the shock of your steps, explains Michael Hisey, M.D., an orthopedic spine surgeon at the Texas Back Institute: “The discs in your lower back are filled with cushiony fluid, but walking in flimsy shoes all day long wrings them out like a sponge.” Use an insert for support; try Dr. Scholl's Back Pain Relief Orthotics (\$9.99; target.com).

**KIDS!** If you have little ones, chances are you schlep them around more than they use their own two feet. That extra 20, 30, or 40 pounds can overload back muscles, which

tighten up to keep you standing straight. The best way to tote any size tot? “On one hip, switching sides periodically to help keep things balanced,” recommends Hisey.

**YOUR CELL PHONE** Yammer all you want, just don't pin the phone between your ear and your shoulder. “You're forcing your spine to stretch to its limits, and that can make your upper back sore,” Hisey says. If you typically need your hands to be free, switch to a headset.

**SITTING STILL** Staying in the same basic position for eight hours (say, if you're desk-bound) can stress your back, says Ted Choma, M.D., associate professor of orthopedic surgery at the University of Missouri. The fix: Adjust yourself periodically to allow alternate muscles to take over, so the same ones don't contract all day. Prop a phone book or a big dictionary under your computer monitor (it shouldn't be above eye level) and one under your feet. As the day goes on, remove one book, then, a few hours later, the other. And be sure to take a lunch break! —JESSICA GIRDWAIN





He always looks hotter with a dishrag, doesn't he?

## Ladies, dish out the chores!

Sharing housework equally between partners isn't just beneficial for a relationship—it's good for a woman's mental health. Researchers at the University of California, Los Angeles tracked 30 couples with kids and found that the moms' levels of the stress hormone cortisol dropped when their partners got involved in chores. Men, on the other hand, stayed stressed out while they scrubbed and dusted—but hey, they can handle it, right? —J.G.

## SCHOOL LUNCH: HOW BAD IS IT FOR YOUR KIDS?

When a Chicago public school employee decided to buy and eat her cafeteria's lunch every day for a year (and anonymously blog about the experience), she discovered a whole bunch of things that she couldn't stomach. Sarah Wu, a.k.a. "Mrs. Q," has written a book about it, *Fed Up With Lunch*. Her ideas can make *any* school healthier.

**VOLUNTEER TO SERVE LUNCH** "That way, you can scope out the food situation. Before I did the experiment, I had no idea that chicken fingers may be mixed with fillers and that PB&J sandwiches are made with a *ton* of processed peanut butter and some kind of mushy graham cracker. If you're there, you can also figure out how much time the kids get to eat, and whether they get recess."

**START A FOOD FIGHT (NICELY)** "When parents get involved, it makes a huge difference, like the mom I met who was able to get a salad bar into her kids' school. If you want to do the same, ask local markets and restaurants if they can donate produce or equipment."

**HEALTH IT UP AT HOME** "Once I began this project, my family started eating more veggies and fresh fruits than ever before. Stock up on apples, oranges, bananas, and baby carrots. Even if you can't control that one awful, unhealthy meal a day, you can compensate at home." —CHRISTY HARRISON



## ASK THE DOCTORS

**Q** I've seen a lot of "barefoot" style sneakers in stores—even some that have individual toe slots. What's the deal?



**A** The theory behind barefoot or five-toed footwear is that, unlike some bulky or inflexible sneakers out there that force you to strike ground first on your heel, these shoes help you land nearer to the ball of your foot and shorten your stride. Although this fad has many fans, my personal opinion is that these types of shoes are not for everyone. Beginners whose bodies



Jillian Michaels is a health and wellness expert and cohost of the syndicated talk show *The Doctors*. Check your local listings for times.

Send your health questions to [askthedoctors@redbookmag.com](mailto:askthedoctors@redbookmag.com).

aren't conditioned and anyone who is overweight or obese should not even consider experimenting with them. It would be one thing if we had all grown up running around without shoes and had years to adapt the bones,

tendons, and muscles in our feet to exercising without support and cushioning, but that's not the case. If you want to test out this fitness craze, just make sure you start slow, wearing the shoes five minutes at a time, max. Otherwise you could set yourself up for killer lower-leg pain or even an injury.



# Does depression hold you back from what you enjoy?

Depression is a serious medical condition that can take so much out of you. It can make you feel sad, helpless and uninterested in your favorite activities.

SOMETIMES DEPRESSION CAN MAKE YOU FEEL LIKE YOU HAVE TO WIND YOURSELF UP.

PRISTIQ® (desvenlafaxine) 50 mg is FDA-approved to treat depression, and is believed to work on two chemicals in the brain, serotonin and norepinephrine. PRISTIQ offers free education and support. Plus, with PRISTIQ, you may be eligible for help with prescription costs.\* If depression is affecting the way you feel about yourself, treating it may help. Ask your doctor if PRISTIQ may be right for you.

Visit [Pristiq.com](http://Pristiq.com) or call 1-800-PRISTIQ (1-800-774-7847)

\*Eligibility restrictions apply. Offer subject to change. Please see [www.pristiq.com](http://www.pristiq.com) for full terms and conditions.



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## Important Safety Information About PRISTIQ

### Suicidality and Antidepressant Drugs

Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, low sodium levels in your blood
- Have or had bleeding problems
- Have or had depression, suicidal thoughts or behavior
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Important Risk Information for PRISTIQ on the following page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



## IMPORTANT FACTS ABOUT



(pris•teek')  
Pristiq® -  
(desvenlafaxine)  
Extended-Release  
Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- trouble sleeping (insomnia)
- attempts to commit suicide
- new or worse depression
- acting aggressive, being angry or violent
- new or worse anxiety
- acting on dangerous impulses
- feeling very agitated or restless
- an extreme increase in activity and talking (mania)
- panic attacks
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

### Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

### What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

### Who should not take Pristiq?

Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

### What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- history of stroke
- have or had depression, suicidal thoughts or behavior
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

### Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic

Malignant Syndrome (NMS)-like reactions can happen when medicines such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines. Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

### Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

### What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

### What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.

- **Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions.** See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).**

Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- abnormal dreams
- nausea
- tiredness
- headache
- irritability
- diarrhea
- sleeping problems (insomnia)
- sweating
- anxiety

### Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

- **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- diarrhea
- headache
- vomiting
- dry mouth
- loss of appetite
- sweating
- sleepiness
- tiredness
- insomnia
- decreased sex drive
- constipation
- delayed orgasm and ejaculation
- anxiety
- tremor
- feeling that your surroundings are spinning or moving
- dizziness
- dilated pupils

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at [www.pristiq.com](http://www.pristiq.com) or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

### Contact Information

Please visit our web site at [www.pristiq.com](http://www.pristiq.com), or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit [www.pfizer.com](http://www.pfizer.com) or call our medical communications department toll-free at 1-800-934-5556.





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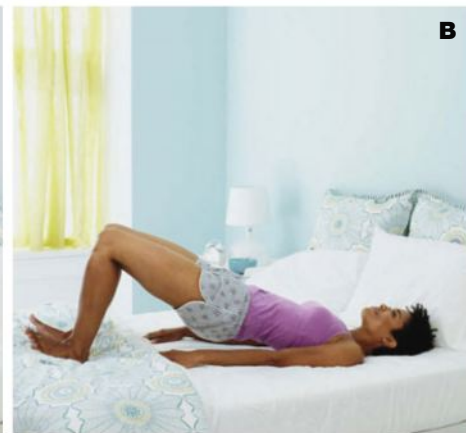
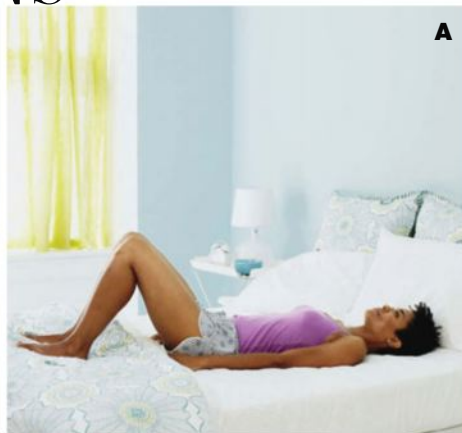
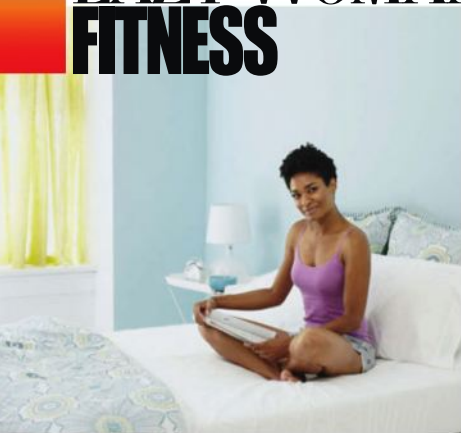
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# LAZY WOMAN'S FITNESS



## THE BETTER-THAN-NOTHING WORKOUT

### TONE YOUR HIPS, BUTT & THIGHS

Why should you do pelvic lifts in bed? Because this simple move works the abs, lower back, glutes, and hamstrings even more effectively when you do it on an unstable surface like a soft mattress, says Sara Haley, a Los Angeles-based global master trainer and creative consultant for Reebok.

**A** Lie on your back with your arms at your sides, palms face down. Bend your knees, keeping your feet flat.

**B** Lift your pelvis and dig your heels into the mattress, then raise your toes so you're balancing on your heels. Squeeze your glutes and hold for five counts, then slowly lower back down to a count of four. Repeat 10 times.



Have some popcorn, and anything else high in soluble fiber, including fruits, veggies, oats, and beans. A recent study from Wake Forest Baptist Medical Center found that people who upped their soluble fiber intake by 10 grams a day (the amount in a big bowl of oatmeal with two tablespoons of ground flaxseed and a cup of berries) didn't add as much deep, visceral fat to their middles over five years as those who didn't step up the fiber. Downing close to 30 grams a day was optimal for flat-tummy maintenance. Anyone else suddenly craving hummus?

## RANDOM WAYS TO BURN OFF FAT

**Calorie-burning happens every minute of your day, not just the 25 you spend panting on the elliptical, says Jennifer Cohen, a Los Angeles-based fitness trainer and author of *No Gym Required*. Staying busy with normal stuff definitely keeps you slim and fit. A few examples:**

● Give your family room a makeover by rearranging the furniture. **Calories burned\*: about 150 in 20 minutes**

● Pace while letting your mother-in-law run through her entire Thanksgiving menu with you on the phone. **Calories burned: about 80 in 25 minutes**

● When's the last time that mildew in your bathtub got a scrub? Clean away! **Calories burned: 125 in 20 minutes**

● For date night with your hubby, blow-dry and style your hair like a pro (hello, sexy arms). **Calories burned: 90 in 30 minutes**

● Bonus: To top off the evening, give your guy a massage. **Calories burned: 91 for 20 minutes** —KAREN ASP



\*Calorie counts based on a 150-pound woman.



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Is there anything left to learn about being a woman?  
Yes! Yes! Yes! Hilda Hutcherson, M.D., fills us in.

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at [askhilda@redbookmag.com](mailto:askhilda@redbookmag.com).

## Q *Is it safe to take over-the-counter medications during pregnancy?*

**A** It depends. Expectant moms do need to be cautious, especially during the first trimester, when the baby's organs are being formed. Most over-the-counter (OTC) medications have not been adequately studied during pregnancy, although we do know that ibuprofen should be avoided until you reach full term; it may cause a passage in the baby's heart to close, leading to heart and lung problems, and can possibly increase the risk of miscarriage. If you have the occasional headache, stick with Tylenol. For allergies, Benadryl is also safe. And if you're thinking of mixing meds, even ones you've gotten permission to use singularly, first discuss it with your doc. FYI, herbal remedies can be just as strong as OTC ones; some midwives believe that red raspberry leaf tea, for example, can help induce labor. My advice? Check with your ob/gyn before using *any* substance medicinally, whether it's from the pharmacy or your garden.

### CASE HISTORY

#### SHE SAW A RAINBOW EVERY TIME SHE HAD SEX!

I recently had a patient who saw bright colors during her orgasms. The images (sometimes referred to as synesthesia) freaked her out at first; she worried there might be a problem with her brain. After a neurologist ruled out any medical conditions, she came to see me. She described the visions as wonderful and peaceful, and the orgasms as pleasurable, but she didn't feel the rhythmic

pulsing in her genitals that most women associate with climaxing. I assured her that every woman's experience of orgasm is different. For some people, it's more of an aura, or an emotional release. In fact, it can be different each time a woman has sex! Once she understood that orgasms happen in many forms and that hers were rare but normal, she was able to enjoy the show.



There goes Aunt Flow, changing the date of her visit.

## Q *I'm in my 30s and have always had regular periods. But recently, my cycle shifted by a full week. What's up with that?*

**A** No worries—plenty of women notice a change in their cycle after age 30. For most, it will decrease by a few days; you may get your period, say, every 25 days instead of every 28. Some women may experience longer cycles, or periods may become lighter or heavier. Rest assured, however, that this does not affect your fertility, and menopause isn't knocking on your door. A normal cycle is considered one that lasts from 21 to 35 days, so you probably don't have reason to fret if yours falls within that range. If it's been a while since you've seen your ob/gyn, however, go ahead and make an appointment for an exam, to be checked for other issues that can also cause period changes—including conditions such as fibroids, endometriosis, and polycystic ovarian syndrome.



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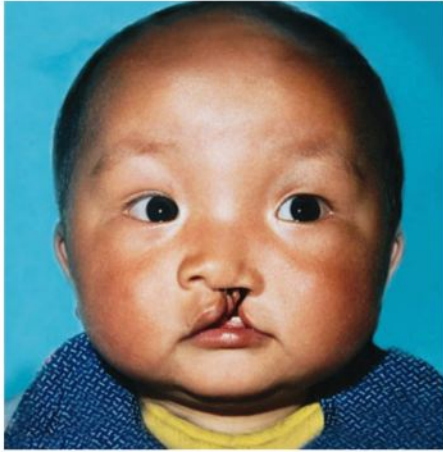
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According to the U.S. Government, women should take sufficient levels of folic acid (400 micrograms/day) during pregnancy to help prevent neural tube defects and reduce the risk for cleft lip and palate. When folic acid is taken one month before conception and throughout the first trimester, it has been proven to reduce the risk for neural tube defects by 50 to 70 per cent. Be sure to receive proper prenatal care, quit smoking and drinking alcohol and follow your health care provider's guidelines for foods to avoid during pregnancy. Foods to avoid may include raw or undercooked seafood, beef, pork or poultry; delicatessen meats; fish that contain high levels of mercury; smoked seafood; fish exposed to industrial pollutants; raw shellfish or eggs; soft cheeses; unpasteurized milk; pâté; caffeine; and unwashed vegetables. For more information, visit [www.SmileTrain.org](http://www.SmileTrain.org). Smile Train is a 501 (c)(3) nonprofit recognized by the IRS, and all donations to Smile Train are tax-deductible in accordance with IRS regulations. © 2011 Smile Train.




**REAL WOMEN  
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at [redbookmag.com/truthabouttrying](http://redbookmag.com/truthabouttrying). Watch their videos and post your own.

**Infertility can be devastating, and it's time we openly acknowledged that.** "You walk around with this feeling of a missing piece," says Paige Nolt, 29, in the video she posted for REDBOOK's "The Truth About Trying" campaign.

# The invisible pain of infertility

Chances are, someone you're close to is struggling to get pregnant, but you may never know. REDBOOK's on a mission to end the shame and secrecy of infertility—and you're about to join it.  
By Norine Dworkin-McDaniel

**T**here's nothing the tabloids love more than a baby reveal. And lately, many of the celebs cradling adorable downy-haired infants are 40-somethings. We hear about their designer nurseries, the mini couture outfits, and how they chose their exotic names, but we rarely hear about the fertility issues they endured. Going by the statistics, some certainly did: By age 40, a woman has only a 5 percent chance of conceiving during each cycle. "Regardless of how well you take care of yourself, ovaries age at a constant rate, and there's nothing you can do to halt it. That clock ticks on," says Robert Gustofson, M.D., medical director of the Colorado Center for Reproductive Medicine in Denver. "By 45, the chance of having a child with your own eggs is 1 percent."

Along with celebs, millions of unfamous women keep their baby-making challenges under wraps. Everyone has the right to privacy, of course, but that secrecy has left so many women to cope alone, in pain, and often uninformed. "It's frustrating that our society is not more open about infertility," says Barbara Collura, executive director of RESOLVE: The National Infertility Association. "When women dealing with infertility can communicate with others in their situation, they get through it in a much better state of mind and also share needed information about their options."

Those are some of the key reasons REDBOOK has joined forces with RESOLVE to launch "The Truth About Trying," an online video campaign to start an open conversation about infertility, which strikes one in eight women in the United States. The message of those speaking out: It's not always easy to get pregnant, and there's no shame in that. ►





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"It's crazy to me that this topic is still taboo," says participant Rosie Pope, 31, who talks about her battle to become a second-time mom—and her shock at all the denial out there—in her video. The star of Bravo's *Pregnant in Heels* says, "A lot of people who have gone through IVF and managed to have kids shove it under the rug and pretend it never happened. In Hollywood, you can talk about your drug addiction or divorce, but not infertility. It's a real disservice to women."

Most of the fertility specialists and support-group leaders REDBOOK spoke with confirm that couples often conceal their fertility problems. Even when they find a community online, the exchanges are largely anonymous; in real life, they are typically silent. Indeed, in a survey of couples having difficulty conceiving, conducted by the pharmaceutical company Merck, 61 percent of respondents hid their infertility from family and friends. Nearly half didn't even tell their *mothers*.

It's time for infertility to come out of the closet. In their "Truth About Trying" videos, women put names, faces, and voices to this disease (yes, it's a disease). They are raw, brave, helpful, and warm, and together they offer a powerful resource for you or a friend, sister, daughter—anyone coping with infertility.

## What we're not saying (and hearing)

The official definition of infertility: an inability to get or stay pregnant after a year of trying if you're under 35, or six months if you're older. Twelve percent of reproductive-age American women—about 7.3 million—are having trouble conceiving or carrying a baby to term, up from about 9 percent in 1988, according to the Centers for Disease Control and Prevention.

Some of that rise reflects the fact that more people are waiting longer to start families, and the older you are, the more likely it is that you'll have issues like early menopause or a risk of miscarriage.



We talk openly about addiction and divorce, but not our baby-making challenges.

Some 7 to 10 percent of men are infertile; in about 20 percent of situations, both partners have problems. And anywhere from 10 to 20 percent of infertility is "unexplained," as in, there's no medical answer for why you're not pregnant, except that you're not. "I work out every day. I just did a triathlon. You think, *If I'm healthy, this will happen*," says Lori LeRoy, 39, of Indianapolis, who began trying to conceive naturally at 33. She went on to do in vitro fertilization (IVF), and now she and her husband are in the midst of adopting a little boy.

A quick refresher course: With IVF, egg and sperm meet in a petri dish, then embryos are placed in the uterus, helping the process along. While the procedure improves on the 20 percent chance of pregnancy women have when their fertility is at its peak, the success rates drop steeply with age. For women under 35, the odds of carrying a baby to term are 41 percent per IVF cycle.

At 38, the chance of birth is 22 percent; at 41, 12 percent; and at 43, 5 percent—slender odds that don't come cheap, given that most couples pay for treatment out of pocket. "When we started getting the bills, I thought, *If only I'd started sooner, I could've put the money toward my kids' college tuition*," says Angelique Jones, 41, of Thorndale, PA, now pregnant with twins.

Lori and Angelique are open about their experiences but acknowledge they were unusually forthcoming. One reason infertility is considered hush-hush is that it's wrapped up in sex, a subject Americans are notoriously squirmy about. "If you start discussing infertility, you have to talk about ovaries and semen and all kinds of things you don't usually discuss over dinner," says Paige Nolt, 29, of Charlottesville, VA, who's been trying to get pregnant for two years. "Just dealing with my own emotions was difficult enough, so I didn't talk about it at all."

Many women dread hearing what family and friends might

## THE LATEST FERTILITY BREAKTHROUGH

Breast exam, pap smear, banking your eggs: A new fertility technology called vitrification could become standard medical procedure in coming years. It allows women to flash-freeze their eggs so they can implant them in their wombs years or even decades later. Unlike conventional slow-freezing, which often led to the formation of ice crystals in the eggs, this high-speed

method greatly improves success rates.

So, will women in their 20s or early 30s rush to put their eggs on ice? Not in the near future, thanks to the \$10,000 to \$15,000 price tag. And the procedure—which includes daily hormone shots for two weeks to stimulate egg production, followed by egg-retrieval surgery—isn't fail-safe: "Freezing a batch of eggs when you're 30 gives

you a 60 percent chance of a baby," says Jamie Grifo, M.D., Ph.D., director of NYU Fertility Center's division of reproductive endocrinology and infertility. "That means there's a 40 percent chance you don't get pregnant."

Costs should come down over time, and the odds may well improve. Ultimately, whether you bank your eggs as a hedge against potential infertility really depends on

your life plans, says Erika B. Johnston-MacAnanny, M.D., assistant professor of reproductive medicine at Wake Forest Baptist Medical Center in Winston-Salem, NC. "I wouldn't offer this to every 20-year-old who walks into my office. But if a young woman has absolutely no intention of getting pregnant until she's 40, I'd be comfortable providing egg freezing. I'd want her to know her options."





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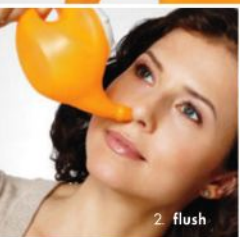
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## HEALTH READ

### CELEBS BREAK THE SILENCE



From left, Marissa Jaret Winokur, 38, Rosie Pope, 31, Sherri Shepherd, 44, and Padma Lakshmi, 41, are among the stars sharing personal stories of infertility in the “Truth About Trying” video campaign sponsored by REDBOOK and RESOLVE. “Telling a woman who’s struggling, ‘It took me four tries to get pregnant’ can give her hope,” says Winokur, who’s had one child via a surrogate. See all of the videos at [redbookmag.com/truthabouttrying](http://redbookmag.com/truthabouttrying).

say, which is why 43 percent of 549 people surveyed by RESOLVE stayed quiet. “I didn’t want people putting pressure on me; I already felt like a failure,” says Fran Meadows, 38, of Queens, NY. “I’d grin through baby showers, then cry my eyes out afterward.”

The keep-it-on-the-down-low mentality only perpetuates more secrecy, says Sharon Covington, director of psychological support services at Shady Grove Fertility Center in Washington, DC. “Women think there’s something wrong with them while the rest of society has no problem getting pregnant.”

That sense of being defective can be even stronger among women of “advanced maternal age”—those over 35. “I felt I couldn’t do this thing women are supposed to do,” says Anna Maynard, 43, of Manassas, VA, who tried to conceive naturally for a year before opting for egg donation. “I thought maybe I shouldn’t have moved around so much for jobs, and tried to meet someone earlier to settle down with. I was angry at myself for waiting too long and wasting my fertile years, and jealous of the young girl who had plenty of eggs while I was like a beggar at her door.”

FROM LEFT: GETTY IMAGES (3), BUZZFOTO/FILMMAGIC/GETTY IMAGES.

### 4 THINGS NEVER TO SAY TO A FRIEND WHO’S BEEN TRYING

#### Just relax and you’ll get pregnant.

“What am I supposed to do—get more massages? Telling a woman to ‘just relax’ doesn’t cure infertility,” says Lauren, 35, of Chicago, who is now in her third trimester after three IVF cycles. Alice Domar, Ph.D., agrees: “There’s usually a physical cause.”

#### If it’s meant to be, you’ll have a child.

That implies that as long as infertility persists, “I’m not meant to be a parent,” points out Nicole Witt, 42, of Tampa, FL.

**So, are you pregnant?** It’s hard enough to conceive without people constantly asking about it. “If there’s news to report, trust me, you’ll hear it,”

says Gauri, 39, of Orlando, FL, who’s trying to get pregnant with a second child.

**Why don’t you adopt?** “It’s a wonderful option, but there’s a presumption that it should fall on the shoulders of infertile women,” says Keiko Zoll, 29, of Salem, MA. “When people ask, ‘Why don’t you adopt?’ I’m like, ‘Why don’t you?’”

### ...AND 2 THINGS ALWAYS TO SAY

**I’m here for you.** “I really appreciated when friends and relatives offered those simple words, with no judgment or advice,” says Lori LeRoy, 39, of Indianapolis.

**You’re not alone.** Because, yes, there really is comfort in numbers.



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## The benefits of opening up

Paige Nolt suffered in silence for months. "I was overwhelmed by the loss of the family my husband and I envisioned," she says. "One day, coworkers were all cracking up about something that had happened in the office. They looked at me and I was the only one not laughing. I came home and told my husband I couldn't be a victim anymore, so I started an infertility support group." Paige also appears in a "Truth About Trying" video. "It's a hard issue to talk about, but it would have been so great if someone had told me early on, 'I know exactly what you're going through because I went through it too.'"

Women who put their infertility out there often find instant connections—and comfort. "I felt like I was alone," says 36-year-old Anika Palm, of Orlando, FL, in her video. "To my surprise, after I was open about it, people came to me and told me their experiences." When Keiko Zoll, 29, of Salem, MA, announced she was infertile on a Facebook update during National Infertility Awareness Week in the spring of 2009, "I immediately received emails from three friends admitting they were facing similar issues," she says. "We gave up our anonymity for something better: mutual understanding and hope."

More openness could also help families afford help. Only seven states require insurers to cover at least part of infertility treatment. "It's still beyond the means of most Americans," says Alice Domar, Ph.D., executive director of the Domar Center for Mind/Body Health at Boston IVF. "We need to create a lot of noise to get more coverage."

Speak out to support other women and yourself, says Carla Corbitt, 28, of Beaverton, OR. "I'm proud that I can look back on my journey to motherhood and know that not only did it strengthen my marriage and make me more resilient as an individual, but I was also able to give hope to others," she says in her video. "I wish I had sat down a long time ago and started the conversation. I'm just glad that I eventually realized that infertility is not my fault." ®

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# Imagine you with less chronic osteoarthritis pain.



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## Cymbalta can help.

Cymbalta is a once-daily, non-narcotic pain reliever. And it's not addictive.

**When taken once a day, every day, Cymbalta is proven to significantly reduce chronic osteoarthritis pain.**

You may have to rethink the way you treat your pain. You might be used to taking pain medications only after you feel your chronic osteoarthritis pain getting worse. Managing this pain with Cymbalta is a little different. It's important to take Cymbalta every day, as prescribed by your doctor, to manage your pain over time.

Did you know that your body has a natural pain-suppressing system that can help regulate the amount of pain you feel? Although the exact way that Cymbalta works to reduce chronic osteoarthritis pain is unknown, it is believed that Cymbalta helps lessen pain by enhancing the body's natural pain-suppressing system by increasing the activity of serotonin and norepinephrine in the brain and spinal cord.

**Visit [cymbalta.com](http://cymbalta.com) or call 1-877-CYMBALTA (1-877-296-2258) to learn more. Ask your doctor about Cymbalta.**

**Cymbalta is a prescription medication approved for the management of chronic musculoskeletal pain in people with chronic osteoarthritis pain.**

## Important Safety Information About Cymbalta

**The most important information you should know about Cymbalta:**

Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Suicide is a known risk of depression and some other psychiatric disorders. Call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over.

### **Cymbalta® (duloxetine HCl) is not for everyone. Do not take Cymbalta if you:**

- have recently taken a type of antidepressant called a monoamine oxidase inhibitor (MAOI) or Mellaril® (thioridazine)
- have uncontrolled narrow-angle glaucoma (increased eye pressure)

### **Talk with your healthcare provider:**

- about all your medical conditions, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or diabetes
- if you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported



If you need assistance with prescription costs, help may be available. Visit [www.pparx.org](http://www.pparx.org) or call 1-888-4PPA-NOW.





### Important Safety Information (continued)

- about your alcohol use
- about all your medicines, including those for migraine, to address a potentially life-threatening condition. Symptoms may include high fever, confusion, and stiff muscles
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk
- before stopping Cymbalta or changing your dose
- if you experience dizziness or fainting upon standing while taking Cymbalta. This tends to occur in the first week or when increasing the dose, but may occur at any time during treatment
- about your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- if you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- if you develop problems with urine flow while taking Cymbalta
- if you are pregnant or plan to become pregnant during therapy, or are breast-feeding

### Most common side effects of Cymbalta (this is not a complete list):

- nausea, dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

You are encouraged to report negative side effects of Prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

### Other safety information about Cymbalta:

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery.
- People age 65 and older who took Cymbalta reported more falls, some resulting in serious injuries.

### How to take Cymbalta:

Take Cymbalta exactly as directed by your healthcare provider. Cymbalta should be taken by mouth. Do not open, break or chew capsule; it must be swallowed whole. Cymbalta can be taken with or without food.

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**See back page for additional information about Cymbalta, including Boxed Warning about antidepressants and risk of suicide.**



**Cymbalta**<sup>®</sup> DELAYED  
duloxetine HCl RELEASE  
20 mg, 30 mg, 60 mg CAPSULES

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# Information For Patients About Cymbalta

Please read this information carefully before you, or your family member start taking Cymbalta (sim-BALL-tah), and each time your prescription is refilled, in case anything has changed or new information has become available. This information is not meant to take the place of discussions with your healthcare provider. Talk with your healthcare provider or pharmacist if there is something you do not understand or if you want to learn more about Cymbalta. Always follow your healthcare provider's instructions for taking Cymbalta.

## What is the most important information I should know about Cymbalta?

**Warning:** In clinical studies, antidepressants increased the risk of suicidal thinking and behavior in children, adolescents, and young adults with depression and other psychiatric disorders. Anyone considering the use of Cymbalta or any other antidepressant must balance this risk with the clinical need. Short-term studies did not show an increase in the risk of suicidal thinking or behavior with antidepressants in adults older than 24; there was a reduction in risk with antidepressants in adults 65 and older. Suicide is a known risk of depression and some other psychiatric disorders. All patients starting antidepressant therapy should be monitored appropriately and observed closely. Families and caregivers should discuss with the healthcare provider right away any observations of worsening depression symptoms, suicidal thinking and behavior, or unusual changes in behavior. Cymbalta is not approved for use in patients under age 18.

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, and thoughts of suicide, as well as for anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms is severe or occurs suddenly. Be especially observant within the first few months of treatment or whenever there is a change in dose.

## What is Cymbalta?

Cymbalta is a prescription medicine that is approved to treat multiple conditions. Cymbalta is approved for the treatment of major depressive disorder (MDD), also called depression; generalized anxiety disorder (GAD); the management of fibromyalgia (FM); the management of diabetic peripheral neuropathic pain, also called diabetic nerve pain (DNP); and the management of chronic musculoskeletal pain due to chronic osteoarthritis pain and chronic low back pain.

## Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You are taking a type of antidepressant known as a monoamine oxidase inhibitor (MAOI), such as Nardil® (phenelzine sulfate), Parnate® (tranylcypromine sulfate), or Emsam® (selegiline transdermal system). Using an MAOI with many prescription medicines, including Cymbalta, can cause

serious or even life-threatening reactions. You must wait at least 14 days after you have stopped taking an MAOI before you take Cymbalta. You need to wait at least 5 days after you stop taking Cymbalta before you take an MAOI

- You have uncontrolled narrow-angle glaucoma (increased eye pressure)
- You are taking an antipsychotic medicine known as Mellaril® (thioridazine)

## What should I talk to my healthcare provider about?

Talk with your healthcare provider:

- About any medical conditions you may have, including kidney or liver problems, glaucoma, diabetes, seizures, or if you have bipolar disorder. Cymbalta may worsen a type of glaucoma or the control of blood sugar in some patients with diabetes
- If you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms while taking Cymbalta, which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- About your alcohol use
- If you are taking or plan to take any prescription or nonprescription medicines, as Cymbalta may interact with some of these products
- If you take medications known as triptans, commonly prescribed for migraines. A potentially life-threatening condition may occur when triptans are used with Cymbalta. Symptoms may include high fever, confusion, and stiff muscles
- If you take NSAID pain relievers, aspirin, or blood thinners, as these medications may increase risk of bleeding when used with Cymbalta
- Before stopping Cymbalta or changing your dose. Stopping Cymbalta may result in symptoms including dizziness, nausea, or headache (not a complete list). Your healthcare provider may wish to decrease the dose slowly
- If you are pregnant, plan to become pregnant, or are breastfeeding
- If you experience dizziness or fainting upon standing while taking Cymbalta. This tends to occur in the first week or when increasing the dose, but may occur at any time during treatment, or when used in combination with certain other drugs
- About your blood pressure. Cymbalta can increase your blood pressure. Your healthcare provider should check your blood pressure prior to and while taking Cymbalta
- If you experience headache, weakness, confusion, problems concentrating, memory problems, or feel unsteady while taking Cymbalta, which may be signs of low sodium levels
- If you develop problems with urine flow while taking Cymbalta

## What should I avoid while taking Cymbalta?

- Cymbalta may cause sleepiness and dizziness. Until you know how Cymbalta affects you, you should not drive a car or operate hazardous machinery

## What are the most common side effects of Cymbalta?

- In clinical studies for approved indications

(depression, generalized anxiety disorder, diabetic nerve pain, fibromyalgia, and chronic musculoskeletal pain including chronic pain due to osteoarthritis and chronic low back pain), the most common side effect was nausea

- Other common side effects included dry mouth, sleepiness, fatigue, constipation, dizziness, decreased appetite, and increased sweating

## This is not a complete list of side effects.

See Boxed Warning, "Who should NOT take Cymbalta?" and "What should I talk to my healthcare provider about?" See full prescribing information at [www.cymbalta.com](http://www.cymbalta.com). Talk to your healthcare provider if you have questions or develop any side effects.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

## What else should I know if I'm 65 or older?

- People age 65 and older who took Cymbalta reported more falls, some resulting in serious injuries

## What should I do if I think I have taken an overdose of Cymbalta?

If you have taken more Cymbalta than has been prescribed for you, contact your healthcare provider, a hospital emergency department, or the nearest poison control center immediately.

## How should I take Cymbalta?

- Take Cymbalta exactly as directed by your healthcare provider
- Cymbalta should be taken by mouth. Do not open, break, or chew the capsule; it must be swallowed whole
- Cymbalta can be taken with or without food
- If you miss a dose, take it as soon as you remember. However, if it is time for your next dose, skip the missed dose and take only your regularly scheduled dose. Do not take more than the daily amount of Cymbalta that has been prescribed for you
- Remember to refill your prescription before you run out of Cymbalta
- Talk with your healthcare provider before stopping Cymbalta or changing your dose

## General advice about Cymbalta

- Store Cymbalta at room temperature and out of the reach of children
  - Medicines are sometimes prescribed for purposes other than the ones listed. This medication has been prescribed for your particular condition. Do not use it for another condition or give this drug to anyone else
  - If you have any questions or concerns, want to report any problems with the use of Cymbalta, or want more information, contact your healthcare provider or pharmacist
- Additional information can be found at [www.cymbalta.com](http://www.cymbalta.com).

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# MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

## TELL THE TRUTH:

How has your partner changed since you met?

*"She's gotten better at pointing out things I should be doing—like picking up my clothes. I've learned it's smart to oblige."*

—SCOTT SCHORTJE, 33, married to NIKKI for 6 months



*"He's a college graduate! We've been together since*

*high school, so he's also much more mature."*

—ALEXIS SYLVESTER, 21, married to ISAAH for 3 months

*"He's grayer now!"*

—VICTORIA GATES, 55, married to JAMES for 29 years



*"His palate is way more adventurous. When we*

*went to Japan, he even tried chicken sashimi."*

—BOWIE CHANG, 36, married to MANDEEP for 6 months

*"She's a country music fan. When we met, she loved Jersey Shore-style fist-pumping techno—now she rocks out to Toby Keith. Talk about a 180."*

—JOEY D'ANDREA, 36, married to NICOLE for 6 years

◀ *"He used to think that women should take care of the house and men should handle the bills, but now he does the laundry, vacuuming, dusting—everything. I tease him that it took some training, but he's sure got it right now!"*

—JENNIFER DAVIS, 38, married to JIMMY for 20 years





Niecy and Jay keep the smiles and smooches going.



## Love lessons from a newlywed celeb

When actress and *Clean House* host Niecy Nash got hitched to electrical engineer Jay Tucker in May, she thought she had it all figured out. "I've been married before, so I felt I had more seasoning," she says. Turns out, she got a major refresher course. You'll learn from her little a-ha's, no matter how many anniversaries you've racked up.

**Marriage won't change him—or you.** "A lot of people get married and expect certain qualities to just appear. All of a sudden, a man is saying, 'My wife will always cook dinner,' and a woman is saying, 'You know I've never cooked a day in my life.' Ask yourself, *If he stayed the way he is right now, would I be happy?* For me, the answer is yes."

**Know your partner's love language.** "Jay feels cared for when I do things for him, but I need ear candy. I like to hear that he thinks I'm beautiful, so he makes sure to tell me."

**You won't always like each other, and that's okay.** "On those days when you're so angry that the sight of your partner makes you want to throw up, remember that you've committed to the *commitment*. You've promised to work at it until you fall right back in love."

**Getting naked can solve any problem.** "If all else fails, take off your clothes. We underestimate how visual men are. As we get older, we're more self-conscious, but my grandmother always used to say, 'Baby, when you're the only naked woman in a room, you look *good*!' It's the best advice I can follow or give."

## Sex life road test

### HAVE A SEXY GAME NIGHT!

Sexy board games—totally hot or supercorny? Two couples tested different R-rated takes on Monopoly to find out.

**Couple #1: D.R. and L.R., Newburg, PA**  
**Game: XXXopoly**

"I loved how this got us to do things we wouldn't have done on our own—we're never prepared enough to have whipped cream or ice cubes in the bedroom! It was freeing to step outside of our comfort zones, and we enjoyed the flirty competition. All in all, it was great foreplay. My husband even said that he wanted to call in sick to work the next day and play some more games!"

**Ranking:** Smoking 🔥🔥🔥

**Couple #2: M.S. and A.S., Alabaster, AL**  
**Game: Sexopoly**

"This game is just like Monopoly in structure, so it was easy to play because it was familiar. The best part was the fun 'Risky' and 'Frisky' cards that instruct you to do things like give a lap dance or kiss for a certain amount of time—I honestly haven't laughed that hard in a long while. The only drawback is that it takes forever to finish a game. Still, we like it so much we've already played a few more times."

**Ranking:** Smoking 🔥🔥🔥



## IS YOUR COMMUTE KILLING YOUR RELATIONSHIP?

According to new research, working more than 45 minutes away from home makes your relationship 40 percent more likely to fail.

"When you have less time to spend on household activities, the person who's closer to home can feel burdened," says study author Erika Sandow, Ph.D. How to combat the effects of a daily slog? "Clearly divide labor so the person at home is less stressed and the partner with the longer commute doesn't feel so guilty," she advises. Getting that done boils down to the cardinal rule of marriage: "There has to be clear communication on both sides."





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# What you woulda, shoulda said at the altar

## ♥ DEAREST HUSBAND, I SWEAR...

...not to critique your turkey-carving skills this Thanksgiving. And that I'm truly sorry for last year's comparison to *Saw IV*.

...to give up my dream of taking salsa lessons—or any class that requires a hip-thrusting, tightly panting instructor to demonstrate his moves on me.

...not to get annoyed when you call from the grocery store to ask where the escarole is, as though I work in the produce department.

...that if you go see the new *Twilight* movie with me, we can reenact all the good parts when we get home. Did I mention that Bella and the vampire finally get it on?

...to never forget how you looked at me when I walked down the aisle—or later, when you saw what I had on under that poufy dress.

## ♥ DEAREST WIFE, I SWEAR...

...to accept that nice drinking glasses do not have team logos.

...to keep in mind that naked-with-socks is not a good look for a man who wants to get lucky.

...to tell you that the dog just licked my entire face *before* you kiss me.

...to take my headphones off instead of yelling, "Huh? Whatdidyousay?!"

...to stop joking that you have more peach fuzz than Junior.



ILLUSTRATION BY MARCOS CHIN.





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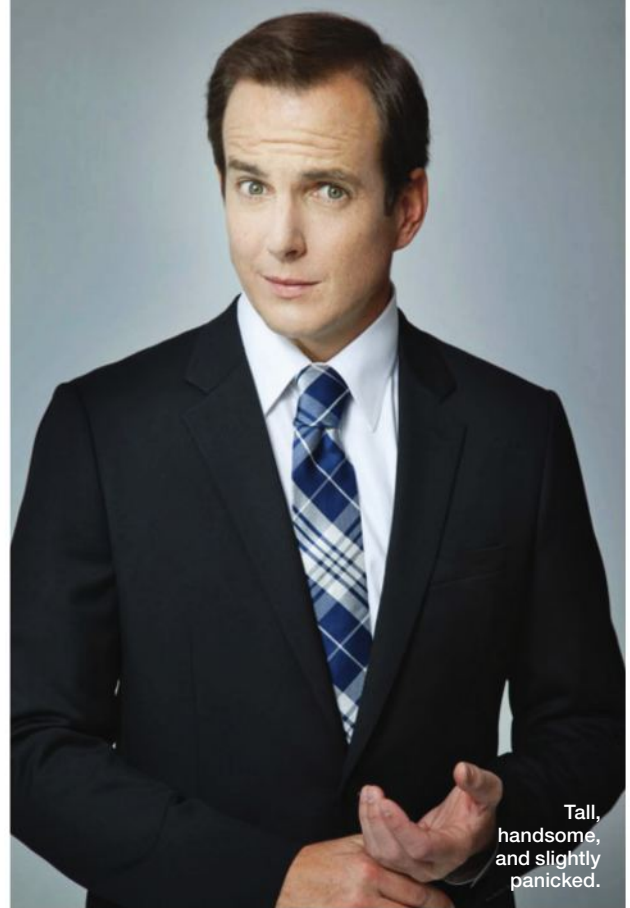
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to hear what others are saying.



## Will Arnett is cool and in control — *not*

The funny guy and star of *Up All Night* blurts about his wife (a.k.a. Amy Poehler), his kids, and his neuroses.



Tall, handsome, and slightly panicked.

### WILL AT A GLANCE

Favorite childhood books:



TINTIN

"I went to an all-French school, so I read them all in French."

Dream date night:



TV ON THE COUCH, AND GOING TO BED EARLY  
"Amy and I still watch *Law & Order*."

Who he roots for:



TORONTO MAPLE LEAFS  
"My devotion to them is almost matched by my love for the New York Jets."

Your new show, *Up All Night*, marks the first time you're playing someone who isn't smug, scheming, and totally contentious.

How is that for you?

I've historically played people who are damaged and dumb. That's funny, but this time I wanted a part I could relate to, and it also happens to be very close to my own life.

Your character, Chris, is a stay-at-home dad.

How good a dad are you?

Two nights ago I had to bribe my 3-year-old, Archie, into finishing his dinner with a King Cone. That thing is half his body weight, so he was going on chocolate and sugar until 10 p.m.

Who panics more about parenting, you or your wife [actress Amy Poehler, with whom he has Archie and Abel, 1]?

Me, but I think I've become mellower with two kids. You're nervous with the first one. You remember all the stupid stuff you've done, and you think: *Who put me put in charge?* You think they're going to chase you down and take that baby back.

You and Amy have worn some hilariously crazy costumes through the years. What's the most unattractive thing you've seen her in?

She did a movie called *Southland Tales* a few years ago, and she had the most bizarre facial prosthetics on. I don't know even know how

to describe it. She kind of looked like a duck. There's no limit to what we're willing to stoop to for laughs. The goal is, the more outlandish and dumb you look, the more proud you are. Whenever I have to sport a crazy look, I'm just so excited to show her. It's the opposite of primping for each other.

So does anything annoy you about her?

Nothing. She's perfect. Look, she reads women's magazines. I'm not stupid.

What annoys her about you?

She would say I have bad vision and selective hearing. If I'm watching TV, she'll come in and turn down the lights, which are glaring, and the sound, which is blaring. So there you have it. Everything's blaring and glaring with me.

What are the little, loving things you guys do for each other?

I'll wash Amy's car on a Saturday. Just 'cause. And, like last week, I was working late and I thought for sure I'd have to scrape something to eat from the fridge. But when I got home, she had cooked me a chicken dinner and left it out for me.

And which one of you has the last word?

She thinks she's the boss, but I'm the boss. Part of being the boss is allowing others to think they're the boss, which is what I do. —MARISA FOX





*"After 6 weeks on an antidepressant, I still couldn't shake my depression."*

**If you've been on an antidepressant for at least 6 weeks and are still struggling with depression, having ABILIFY® (aripiprazole) added to your antidepressant may help with unresolved symptoms in as early as 1-2 weeks.\***

ABILIFY is a prescription medicine used to treat depression in adults as add-on treatment to an antidepressant when an antidepressant alone is not enough.

### Important Safety Information

**Elderly patients with dementia-related psychosis (eg, an inability to perform daily activities due to increased memory loss) taking ABILIFY have an increased risk of death or stroke. ABILIFY is not approved for treating these patients.**

**Antidepressants can increase suicidal thoughts and behaviors in children, teens, and young adults. Serious mental illnesses are themselves associated with an increase in the risk of suicide. When taking ABILIFY call your doctor right away if you have new or worsening depression symptoms, unusual changes in behavior, or thoughts of suicide. Patients and their caregivers should be especially observant within the first few months of treatment or after a change in dose. Approved only for adults 18 and over with depression.**

- Call your doctor if you develop very high fever, rigid muscles, shaking, confusion, sweating, or increased heart rate and blood pressure, as these may be signs of a rare but potentially fatal condition called **neuroleptic malignant syndrome (NMS)**
- If you develop uncontrollable facial or body movements, call your doctor, as these may be signs of **tardive dyskinesia (TD)**. TD may become permanent and the risk of TD may increase with the length of treatment and the overall dose. While TD can develop after taking the medicine at low doses for short periods, this is much less common. There is no known treatment for TD, but it may go away partially or completely if the medicine is stopped

- If you have **diabetes** or have risk factors or symptoms of diabetes, your blood sugar should be monitored. High blood sugar has been reported with ABILIFY and medicines like it. In some cases, extreme high blood sugar can lead to coma or death
- **Other risks** may include lightheadedness upon standing, decreases in white blood cells (which can be serious), seizures, trouble swallowing, or impairment in judgment or motor skills. Until you know how ABILIFY affects you, you should not drive or operate machinery

The **common side effects** in adults in clinical trials ( $\geq 10\%$ ) include nausea, vomiting, constipation, headache, dizziness, an inner sense of restlessness or need to move (akathisia), anxiety, and insomnia. Tell your doctor about all the medicines you're taking, since there are some risks for drug interactions. You should avoid alcohol while taking ABILIFY.

**You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.**

**Please read the additional Important Information about ABILIFY on the adjacent page.**

**Ask your doctor about the option of adding ABILIFY.**

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(aripiprazole)  
2 mg, 5 mg Tablet

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1-877-920-1957

\*Based on 6-week clinical studies comparing ABILIFY + antidepressant versus antidepressant alone.

\*Restrictions apply.

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## IMPORTANT INFORMATION ABOUT ABILIFY (aripiprazole)

### ABILIFY® (a BIL ī fi) (aripiprazole)

R<sub>x</sub> ONLY

This summary of the Medication Guide contains risk and safety information for patients about ABILIFY. This summary does not include all information about ABILIFY and is not meant to take the place of discussions with your healthcare professional about your treatment. Please read this important information carefully before you start taking ABILIFY and discuss any questions about ABILIFY with your healthcare professional.

#### What is the most important information I should know about ABILIFY?

Serious side effects may happen when you take ABILIFY, including:

- **Increased risk of death in elderly patients with dementia-related psychosis:**

Medicines like ABILIFY can raise the risk of death in elderly people who have lost touch with reality (psychosis) due to confusion and memory loss (dementia). ABILIFY is not approved for the treatment of patients with dementia-related psychosis.

- **Risk of suicidal thoughts or actions: Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:**

Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions including people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.

#### How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

#### Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying, attempts to commit suicide, new or worse depression, new or worse anxiety, feeling very agitated or restless, panic attacks, trouble sleeping (insomnia), new or worse irritability, acting aggressive, being angry, or violent, acting on dangerous impulses, an extreme increase in activity and talking (mania), other unusual changes in behavior or mood.

#### What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.

- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

#### What is ABILIFY (aripiprazole)?

ABILIFY is a prescription medicine used to treat:

- major depressive disorder in adults, as an add-on treatment to an antidepressant medicine when you do not get better with an antidepressant alone.

**The symptoms of major depressive disorder (MDD) include** feeling of sadness and emptiness, loss of interest in activities that you once enjoyed and loss of energy, problems focusing and making decisions, feeling of worthlessness or guilt, changes in sleep or eating patterns, and thoughts of death or suicide.

#### What should I tell my healthcare provider before taking ABILIFY?

Before taking ABILIFY, tell your healthcare provider if you have or had:

- diabetes or high blood sugar in you or your family; your healthcare provider should check your blood sugar before you start ABILIFY and also during therapy.
- seizures (convulsions).
- low or high blood pressure.
- heart problems or stroke.
- pregnancy or plans to become pregnant. It is not known if ABILIFY will harm your unborn baby.
- breast-feeding or plans to breast-feed. It is not known if ABILIFY will pass into your breast milk. You and your healthcare provider should decide if you will take ABILIFY or breast-feed. You should not do both.
- low white blood cell count.
- phenylketonuria. ABILIFY DISCMLT Orally Disintegrating Tablets contain phenylalanine.
- any other medical conditions.

**Tell your healthcare provider about all the medicines that you take or recently have taken,** including prescription medicines, non-prescription medicines, herbal supplements, and vitamins.

ABILIFY and other medicines may affect each other causing possible serious side effects. ABILIFY may affect the way other medicines work, and other medicines may affect how ABILIFY works.

Your healthcare provider can tell you if it is safe to take ABILIFY with your other medicines. Do not start or stop any medicines while taking ABILIFY without talking to your healthcare provider first. Know the medicines you take. Keep a list of your medicines to show your healthcare provider and pharmacist when you get a new medicine.

#### How should I take ABILIFY?

- Take ABILIFY exactly as your healthcare provider tells you to take it. Do not change the dose or stop taking ABILIFY yourself.
- ABILIFY can be taken with or without food.
- ABILIFY tablets should be swallowed whole.
- If you miss a dose of ABILIFY, take the missed dose as soon as you remember. If it is almost time for the next dose, just skip the missed dose and take your next dose at the regular time. Do not take two doses of ABILIFY at the same time.
- If you take too much ABILIFY, call your healthcare provider or poison control center at 1-800-222-1222 right away, or go to the nearest hospital emergency room.

#### What should I avoid while taking ABILIFY?

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how ABILIFY affects you. ABILIFY may make you drowsy.
- Do not drink alcohol while taking ABILIFY.
- Avoid getting over-heated or dehydrated.
  - Do not over-exercise.
  - In hot weather, stay inside in a cool place if possible.
- Stay out of the sun. Do not wear too much or heavy clothing.
- Drink plenty of water.

#### What are the possible side effects of ABILIFY (aripiprazole)?

Serious side effects have been reported with ABILIFY including:

- **Neuroleptic malignant syndrome (NMS):** Tell your healthcare provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Call your healthcare provider right away if you have any of these symptoms.

- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take ABILIFY. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes), your healthcare provider should check your blood sugar before you start ABILIFY and during therapy.

#### Call your healthcare provider if you have any of these symptoms of high blood sugar while taking ABILIFY:

- feel very thirsty, need to urinate more than usual, feel very hungry, feel weak or tired, feel sick to your stomach, feel confused, or your breath smells fruity.
- **Difficulty swallowing:** may lead to aspiration and choking.
- **Tardive dyskinesia:** Call your healthcare provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking ABILIFY. Tardive dyskinesia may also start after you stop taking ABILIFY.
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting when rising too quickly from a sitting or lying position.

- **Low white blood cell count**

- **Seizures (convulsions)**

**Common side effects with ABILIFY in adults include** nausea, inner sense of restlessness/need to move (akathisia), vomiting, anxiety, constipation, insomnia, headache, restlessness, dizziness.

These are not all the possible side effects of ABILIFY. For more information, ask your healthcare provider or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

#### General information about ABILIFY

- Store ABILIFY at room temperature, between 59°F to 86°F. Opened bottles of ABILIFY Oral Solution can be used for up to 6 months after opening, but not beyond the expiration date on the bottle. Keep ABILIFY and all medicines out of the reach of children.
- Medicines are sometimes prescribed for purposes other than those listed in a Medication Guide. Do not use ABILIFY for a condition for which it was not prescribed. Do not give ABILIFY to other people, even if they have the same condition. It may harm them.
- This summary contains the most important information about ABILIFY. If you would like more information, talk with your healthcare provider. For more information about ABILIFY visit [www.abilify.com](http://www.abilify.com).

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# Exactly what he's thinking when...

Being able to read your man's mind might prove boring—or gross. But at certain key moments, you oughta know what's happening in there. 7 of our fave guy bloggers spill it.

**...he knows he wants to marry you.** “Shawn, I can see you marrying this girl.” My friend Piers shakes his head wryly as I tell him the California girl I met online is coming to visit me. “If I do, you’ll be my best man,” I reply. *Ha ha*, we’re thinking. When you’re 18, weddings happen to other people.

Days later, I’m waiting for you to walk through the arrivals door at the Toronto airport, anxiously trying to reconstruct what you look like based on the photos you’ve sent. I’m doubtful and nervous until you appear. I see your eyes, and you see my eyes. I see your smile, and you see mine. *There you are*, I think to myself. *I would recognize you anywhere*. We kiss in Terminal 1 for the first time, barely more than strangers, and I know: *This is perfect.... Piers needs a tux.* —SHAWN BURNS, BACKPACKINGDAD.COM

**...you're on the delivery table.** I’m no lightweight. I watched four seasons of *ER*. But when I see our son Boone escape your body accompanied by a flood of unknown fluids, my brain unleashes a string of exclamations from sources as diverse as *Scarface* and *Scooby-Doo*. (Yes, I start with the F-bomb and end with “Zoinks!”) By the time his twin, Wyatt, emerges, my mind is filled with white noise. I blindly take photos as the doctor juggles their strangely dripping forms.

While I’ve gained two wonderful sons, I’ve lost some things too—specifically, my appetite. I’ll never be able to look at veal the same way. I wouldn’t have been anywhere but at your side as you performed that miraculous act, but I’m finally done with hospital dramas. —DAVID VIENNA, THEADDYCOMPLEX.COM

**...you drive.** In the passenger seat beside you, I’m *stressed*.

You’re actually a good driver, but your strong sense of right and wrong makes for agitating car talk. You ask, “Can I give him the finger?” I say, “No! Just move to the next lane! You’re driving so close they’re going to stop short and then you’ll hit them, and NO! *It’s not worth it!*” When we finally arrive at our destination, I’m exhausted. There is only one solution to this problem: I drive home. —OREN MILLER, BLOGGERFATHER.COM



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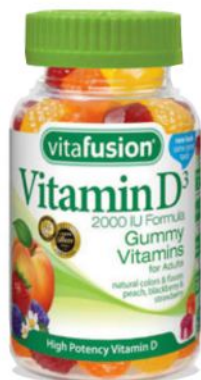
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# JUST YOU TWO

## ...your parents visit for the weekend.

"Hi, Mom and Dad," I smile through clenched teeth as the in-laws drag their bags to the door. They've just arrived for their biannual inspection, er, *visit*. Standing in the doorway of my own house, I'm on my best behavior. Then the compliments start. "Oh, look at you! Have you lost weight? You look so much better!" says Mom.

"And how is that job of yours? It's a shame you still haven't been promoted," Dad chimes in.

I know I can't hide, but I seek solace in the garage, where there's plenty to keep me busy until... would I like help *cleaning* my garage? Well, sure, Dad. Kind of you to offer.

I can tell you also feel the stress. The moment your parents step through the doorway, you morph from the calm, caring, and intelligent woman I married into a living caricature of that black-and-white theater mask representing comedy and tragedy. Every interaction alternates between you smiling sweetly at them and you turning to shoot me your time-perfected stink eye, as if it's *my* fault they're in our house.

When the visit finally draws to a close and their car backs down the driveway, your father stops and rolls down his window. He reaches out his hand and pulls me in close. With a glint in his eye that telegraphs *Yeah, I've got in-laws too*, he mutters, "Hang in there, sport. We'll be back in six months." Oh, I can't wait. —TROY PATTEE, DADVENTUROUS.COM

## ...you turn him down for sex.

It's because I smell, isn't it? I believe *you* were the one who suggested vegetarian taco night! Anyway, I wish you would just be honest and say that instead of talking about how tired you are. I know, I should have hinted to you earlier that I really want to have sex tonight, but somehow I felt like bringing it up in front of the kids during dinner would be in poor taste. After they went to sleep, you wanted to stream an episode of *Family Ties* on Netflix, and I figured that since you complain about me being all over you and never giving you a moment to rest, I'd let you enjoy the Keaton family in peace. But now that the episode is over, you're ready to sleep. I'm tired too. Oh hey! You know what would be a great way to ensure a good night's rest? Having sex before we go to bed! Seriously, all that's going to happen if we don't is that I'll toss and turn for the next three hours, which will keep you up, and then once I finally drift off, I'll sleep-grope you. Then you'll get grumpy and wake me up, so we'll both be awake half the night and get up tomorrow in rotten moods and we'll repeat this exact scenario another day. You know I'm right. And only you can break the cycle. —AARON TRAISTER, REDBOOKMAG.COM

## ...you leave him alone with the kid for the weekend.

Do you remember the movie *Home Alone*? When you tell me I'm solo parenting for the weekend, I'm Kevin McCallister: both hands on my cheeks, mouth open in a silent scream. But once that passes, I know we'll be fine. The little one and I might drink milk out of



"If we don't have sex,  
I'll toss and turn for hours,  
and when I finally drift off, I'll  
sleep-grope you."



**...when he sees  
you're Facebook friends  
with your college ex**

I don't pay much attention to your Facebook profile, because I'm confident that your digital friends will have no impact on the life we've built together. After all we've been through—the house we constructed with

our blood, sweat, and rapidly diminishing equity; our miscarriage; and then the two beautiful children who have given us a new definition of being in love—I know this Facebook friendship isn't a threat to us.

Admittedly, this might be a little naive. The social web has allowed us to reconnect with people who could rekindle dormant feelings. Still, I'm not jealous that you're friends with your ex. There's a reason your relationship didn't work, and from what you've told me about him, he probably still lives with his parents.

That said, if he "pokes" you, it's on. —PJ MULLEN, REALMENDRIVEMINIVANS.COM

the carton and lip-synch Bob Seger songs while sliding across the dining room floor in our socks and button-downs, but it's nothing you haven't seen before. We'll be fine.

Fast-forward to hour 47 of this 48-hour gig. The house is a disaster. FEMA is responding, celebrities are setting up telethons. Clothes litter the floor. Dishes fill the sink. A fine, semi-permanent layer of snot encrusts the upper lip of our child. It's a mess like you've never seen, and you will never see it, because when you call from the car after your flight has landed, Mr. Mom becomes Mr. Clean. Propelled by the shame of letting you down and battling mild indigestion from literal pangs of guilt, I vacuum with one hand, dust with another, and entertain our toddler with my foot. I shoo the goats and chickens out back and throw junk into the basement. The door opens and you see your loving husband and angelic daughter waiting with open arms. It looks like the cover of a Hallmark card celebrating exhaustion.

"Wow," you say. "I thought it would be messier." Well, you thought wrong. —IAN, DISTRACTEDDADDY.COM

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# Men on muffin top

...and other things they barely notice about women's bodies. Aaron Traister explains why guys don't see your supposed flaws—except when you try too hard to hide them.



REDBOOK columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at [redbookmag.com/whysguy](http://redbookmag.com/whysguy).

I woke up the other morning to find my wife, Karel, in front of the mirror, examining her stretch marks. She asked me whether I thought she should try using a cream to get rid of them. I told her the truth, which was that if she really wanted to improve her appearance, she should get some more beauty sleep before our gremlins came in to rob us of what remains of our youth. What I didn't tell her—but should have—is this: I pretty much never notice those stretch marks. Like most guys, I'm too busy paying attention to the stuff that makes the female body so awesome. We do, however, see your obsessing and attempting to compensate for what you perceive as flaws. Want to save yourself a whole bunch of angst and money? Read on.

## WHAT MEN DON'T NOTICE

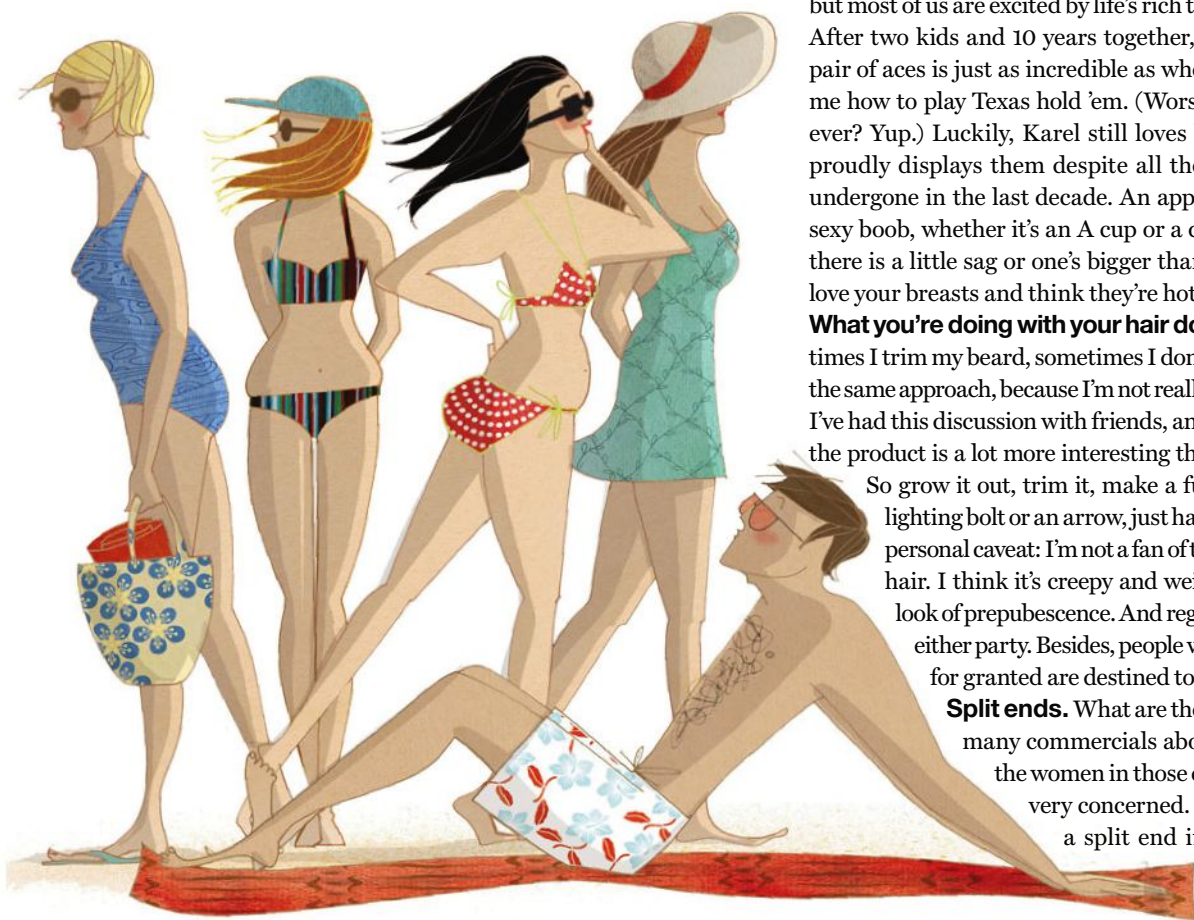
**Cellulite, bellies, etc.** When I go to the pool in the summertime, I get sad when I see beautiful women covering up their bodies because they're self-conscious about a few jiggle parts here and there. Who cares? Everybody's got a little jiggle; it's a sign of good times. A woman who is confident enough to show you that she knows how to eat and laugh, who is willing to let a little muffin top rise over the edge of the pan, is a lot sexier than someone who hides herself in big, billowy clothing. As for getting physical, these bits don't bother guys either: A little extra bounce and slap here and there is never a bad thing in bed.

**Breasts that don't bounce to attention.** Men love boobs. Some guys are "boob men" and have specific tastes, but most of us are excited by life's rich tapestry of breasts. After two kids and 10 years together, I think my wife's pair of aces is just as incredible as when she first taught me how to play Texas hold 'em. (Worst poker metaphor ever? Yup.) Luckily, Karel still loves her girls too, and proudly displays them despite all the changes they've undergone in the last decade. An appreciated boob is a sexy boob, whether it's an A cup or a double D, whether there is a little sag or one's bigger than the other. If you love your breasts and think they're hot, so will your guy.

**What you're doing with your hair down there.** Sometimes I trim my beard, sometimes I don't. Feel free to take the same approach, because I'm not really paying attention. I've had this discussion with friends, and we all agree that the product is a lot more interesting than the packaging.

So grow it out, trim it, make a funny design like a lightning bolt or an arrow, just have fun with it. One personal caveat: I'm not a fan of totally waxed pubic hair. I think it's creepy and weird to fetishize the look of prepubescence. And regrowth is no fun for either party. Besides, people who take pubic hair for granted are destined to wear a merkin.

**Split ends.** What are these things? I see so many commercials about split ends, and the women in those commercials seem very concerned. I couldn't identify a split end if it robbed me at gunpoint.





## WHAT MEN DO NOTICE

**When you fake the color of your skin.** You know what freaks me out? Women spending money on products and treatments to make their skin darker. You know what's equally crazy? Women spending money on products and treatments to make their skin lighter. The end results always seem to hover around "orange" or "E.T. when he's sick." Natural is hot: I love dark skin.

I love olive and caramel skin, and Gothic pale white skin. Sick alien and Creamsicle orange I don't dig so much, and I don't know any guys who do.

**Lips that have been injected with a foreign substance.** So creepy. Take it from me: Collagen injections don't make a woman look like Angelina Jolie;

they make her look like she's just had invasive dental surgery.

**Frozen face. (Are you detecting a trend?)** Why do men despise it when you inject your wrinkles away? Let me see, maybe it's because it robs you of the ability to convey human emotions like surprise or worry.

Husband: "Honey, you seem strangely unmoved by the fact that the dog just ate a carving knife."

Wife: "I'm furrowing my brow with concern... on the inside."

**Scars.** And so we come back to the stretch marks. At one point Karel's were red and unmissable, along with her C-section scar, but they don't, and never did, bother me. I don't think other guys mind them either, as evidenced by the fact that many strippers out there have obvious C-section scars (don't ask me how I know this). In Karel's case, they are physical evidence of our shared his-

tory and of the pain Karel was willing to endure for our family. They show just how tough my wife is.

In fact, all scars represent experience and endurance. One of the most beautiful women I've ever seen was a nude model in a figure-study class I took in college. She was in her 20s and had an athletic body, but

what made her exceptional were the severe burn scars all over her back. I loved that she had the confidence to reveal them in a room full of strangers who were there to stare at her.

Look, I know this sounds like I'm blowing sunshine. But I really believe that a roll here, a scar there (or, potentially, a Batman-symbol bikini wax) is a sign of fun, strength, experience, and an active imagination—all of which are positive indicators for awesome sex. See? I'm really just as shallow as the next guy. ☹

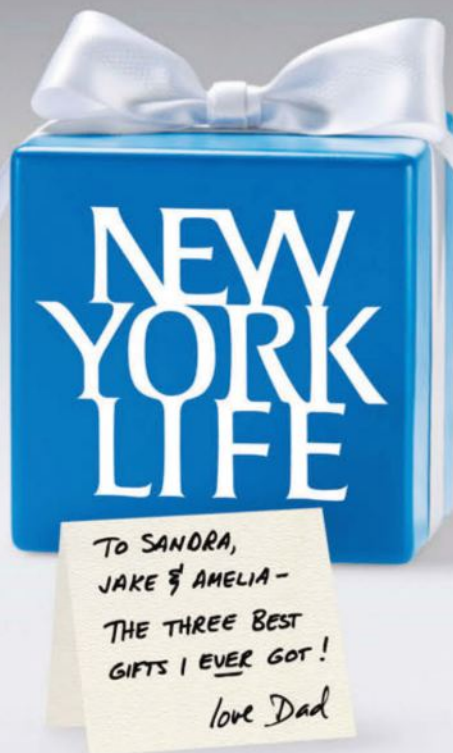
An appreciated boob is a sexy boob, whether it's an A cup or a double D.

## Straight answer from the Whys Guy

*Dear Whys Guy: My fiancé rants about his job frustrations every night, and I'm getting tired of deflecting all his negative energy. Why doesn't he just make a change? Does he enjoy being miserable at his job? —Meg, MD*

Dear Meg: A job change would be best, but in this economy that's easier said than done. Maybe he feels trapped. Remind him to appreciate what he has (employment), then encourage him to do something that makes him feel good when he's not at work. If he has so much time to complain, then he has enough time to start a garden, fix up a bike, start running, coach a youth team, or volunteer at the ASPCA—anything but wallow in self-pity. I've been there, by the way, and when my wife realized that empathy wasn't working, she gave me a swift kick in the ass and told me what I was taking for granted. It worked.

**Need help decoding male behavior?** Email your questions to [redbook@hearst.com](mailto:redbook@hearst.com) (subject: Whys Guy). Letters may be edited for clarity and length.



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**They're family and you love 'em.** But how to deal with them? That's a question for Karen Karbo.

## *My sister's husband hit on me*

My brother-in-law recently told me he loves me and that he wishes he'd met me first! After talking it over with my husband and parents, I decided to tell my sister. Her husband denied it, and she believed him; now she's cut me out of her life. We both have kids who won't grow up together as cousins should. What can I do? Should I never have told her? —ANONYMOUS

Whoa! This is a tough one. There are two ways to go in this situation: Say nothing, pretend it never happened, and suffer in silence (not easy by any stretch); or do what you did—seek support from your family and come clean to your sister. Some secrets are just too corrosive to keep. But I'm not surprised by her reaction: Her gut instinct is to keep her marriage intact, and the only way she can do that is to believe her husband. Now, all you can do is focus on mending your relationship with her for the sake of your kids. When you feel that things have sufficiently settled down, call her and tell her that however upset she may be, you hope that she won't let it affect the relationship among your children. And make sure you tell her how much you love her—if her marriage does hit the rocks, she's going to need you more than ever.

## *He wants me back*

I had been in a relationship for a year when I found out that the guy was cheating on me with a married coworker. We broke up, but a month later he called me and said he wants me back in his life. I love him, but I'm worried because he still works with the woman. How can I trust him again? —J.A., 39, WASHINGTON

I know you love him, but the guy has shown himself to be untrustworthy. He could have changed, sure, but until he leaves his current job, he's going to see that coworker every day. And you're going to have to *believe* him when he says nothing's going on. Can you really do that? More importantly, do you want to put yourself through that stress? I wish I could say this in a nicer way, but my gut tells me this ship has sailed. You deserve someone who's faithful and respects you right from the get-go.

## *My fiancé embarrasses me*

My fiancé and I have a 6-month-old son and are expecting again. We have a good relationship, but he doesn't have any manners! He thinks passing gas and belching is funny. He invites himself to things, constantly borrows my car and returns it without gas, and doesn't think twice about eating the last piece of whatever. I don't want my kids to grow up thinking his behavior is okay. How can I get him to change? —M.H., 24, PENNSYLVANIA

I'm assuming you've already tried the obvious: telling him you don't like these habits and asking him to shape up. So it sounds like it's time to call in the big guns and involve your kids. Share your feelings with him about the importance of raising them to have manners. We *all* want to be good role models for our children. And when it comes to your car, don't give him the keys until he promises to return it with at least the amount of gas he used. Perhaps when he sees that his thoughtlessness has consequences, he'll begin to change.



Advice guru Karen Karbo is a mom, a teacher, and the author of the new book *How Georgia Became O'Keefe*.

## **My parents are way too dependent on me**

Ever since my family moved from Hong Kong when I was 14, my parents couldn't and wouldn't handle the tasks that require English. And now, they've started to rely on me for things they're completely capable of doing themselves: My dad calls me for directions to the grocery store, and my mom refuses to drive. What can I do to make them more independent?

—A.L., 26, PENNSYLVANIA

Part of your parents' behavior probably stems from their sadness that you're grown up now and moving into a more deeply American life. Nonetheless, it's important to have a sit-down with them and fix this. Lay out specifically what you will do and what you want them to do for themselves. Stress that it's good for everyone, your parents included, for them to be more independent. But be prepared to negotiate: Driving your mom everywhere is one thing; giving her occasional directions—just to help out a little bit—may be less of a big deal.

## **Do you need life advice?**

Send questions about perplexing friends, family, mates, colleagues, and anyone else to [karenkarbo@redbookmag.com](mailto:karenkarbo@redbookmag.com), and include your initials, age, and state. Letters may be edited for clarity and length.

TARA DONNE



For patients 12 years and older whose asthma is not well controlled on a long-term asthma medicine, or when disease severity warrants

## Asthma symptoms still not under control?

# Talk to your doctor and get one month of SYMBICORT FREE!\*

**This is a limited-time offer**, so take this voucher to your doctor today. If your doctor decides SYMBICORT is right for you, take your prescription along with this voucher to your pharmacist. It's that easy!

SYMBICORT is an asthma control medicine that has been proven to help

improve lung function, helping patients breathe better all day and night.<sup>†</sup> Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine such as an inhaled corticosteroid.

<sup>†</sup> When taken twice daily.

#### FOR THE PHARMACIST:

For reimbursement, please submit to Patient Choice. The information to the right should be used when submitting for reimbursement. For questions, please call the Help Desk at 1-800-422-5604.

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## Tear out this page to get one month of SYMBICORT FREE!\*

**OFFER EXPIRES: 03/31/2012.**

**For new SYMBICORT patients only. Not valid on refills.**

<sup>\*</sup> Subject to eligibility rules. Restrictions apply.

### IMPORTANT INFORMATION ABOUT SYMBICORT

#### Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta<sub>2</sub>-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms. Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain, and swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

#### Approved Uses for SYMBICORT for Asthma

SYMBICORT is a medicine for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

**Please see Important Product Information on adjacent page and discuss with your doctor.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

**For more information, call 1-800-687-3755  
or go to [MySymbicort.com/info](http://MySymbicort.com/info)**

*If you're without prescription coverage and can't afford  
your medication, AstraZeneca may be able to help.*

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**Symbicort**<sup>®</sup>  
(budesonide/formoterol fumarate dihydrate)  
Inhalation Aerosol

AstraZeneca



**Free Trial for Insured, Cash, MA residents, and government funded program patients:**

**Patient:** Present this free trial offer to your pharmacist, along with a valid prescription to receive a free 30-day supply (1 inhaler) of SYMBICORT. This offer may not be combined with any other free trial, coupon, discount, prescription savings card, or other offer. Valid only at retail pharmacies; no mail order. No claim for payment can be made to ANY third-party payer for product dispensed pursuant to this offer. Not valid if reproduced. Prescriber ID# required on prescription. Void where prohibited by law.

This offer is valid only for product manufactured for AstraZeneca Pharmaceuticals, LP and purchased from an authorized retailer or distributor in the United States. This offer may be changed or discontinued at any time without notice. Offer expires 03/31/2012. One free trial offer per person. The prescription must be new, refills are not eligible. If you have any questions regarding this offer, please call 1-800-236-9933.

**Pharmacist:** For reimbursement, please submit to **Patient Choice**. The information printed on the reverse side should be used when submitting for reimbursement. For questions, please call the Help Desk at 1-800-422-5604.

If you are without prescription coverage and cannot afford your medication, AstraZeneca may be able to help. For more information, please visit [www.astrazeneca-us.com](http://www.astrazeneca-us.com)

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## IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT. No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

### WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta<sub>2</sub>-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

**SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.**

Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly, and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

### WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

#### Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

#### Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long-term, two times each day, to help improve lung function for better breathing in adults with COPD.

### WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

### WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby

- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

### HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. Do not use SYMBICORT more often than prescribed. SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed.
- While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

### Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

### WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta<sub>2</sub>-agonist (LABA) for any reason, such as

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

### WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

**SYMBICORT can cause serious side effects.**

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms

- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

### WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

#### Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

#### Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

**NOTE:** This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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## A young girl's sexting trauma:

# "I was naked, out in the world"

Teen sexting is happening everywhere. This is how one family survived total exposure. By Sandy M. Fernández

**C**an I have a video?" When the message flashed on then-13-year-old Taylor Sullivan's\* cell-phone screen late on a Saturday night in February 2009, she didn't understand the question. It was midnight, and Taylor—a slate-eyed seventh-grader who loved sports, dancing, and animals—was in her pajamas, watching *That's So Raven* and texting a boy from school, a class clown type who, she hoped, "might want to be my boyfriend." She'd never dated anyone before.

"Video of what?" she typed. Everyone else in the house had gone to bed. But Taylor—kept awake by the pinging messages—had come back to the living room.

"You stripping," came the answer.

Taylor's immediate response was "No, no way." In the last few months it had become a trend among the boys at her large suburban middle school to ask for sexy cell-phone photos. Taylor had friends who'd sent some, the savvy ones framing themselves in the mirror so their bodies, not their faces, showed. She had even tested out a couple shots herself. She knew the risks: Guys rarely kept these to themselves. Still, she liked this boy. And he swore it would be just between the two of them. "I didn't know what to do," Taylor says. "So I'd say, 'I don't know. I don't feel good about this.' And he'd be like, 'Please?'"

It's two years later, and we're sitting on the back porch of her family's rental in Ohio. It's chilly, and Taylor's in shorts, so she's curled up on her chair, hands tucked into the sleeves of her pink sweatshirt. Her brother, Kyle, 18, and younger sister, Jessica, 10, are fooling with something in the garage. Amy, her mom, is in the kitchen, doing dishes and probably eavesdropping.

That night in seventh grade, Taylor tried simply turning off her phone. When she couldn't resist turning it back on 45 minutes later, she had 53 new messages. In some, her classmate outright "begged," she says. In others, he implied he wouldn't be interested in her—or even be her friend—if she didn't do as he asked.

So, feeling cornered and not wanting to "aggravate" the situation, Taylor went into her brightly lit bathroom, set her phone, recording, on a counter, and hurriedly shed her clothes—shorts, tank top,



underwear—until she was, as the boy had requested, "all naked."

"People who saw it later said they could tell on my face that I didn't want to do it," she says today. "Once it was over, I didn't even watch it. I just sent it and then I deleted it."

It's hard to believe, but experts say the number-one reason boys and girls give for sexting a racy photo of themselves is this: Someone asked, and they didn't know how to say no. "They worry they'll anger the other person or get dumped," says Linda Criddle, founder of the Internet safety organization Look Both Ways. A 2009 MTV-AP study found that 61 percent of those who have sexted had been pressured at some point. In the eyes of many experts, Taylor was the victim here, coerced into sending the video and now vulnerable



to more bullying, as well as sexual harassment, depression, even suicide. In the eyes of the law, though, she'd become a criminal.

## Caught on camera

Kids' sexting has been terrifying and befuddling adults since it took off in the late '00s, when unlimited data plans armed a generation of teens and tweens with cell-phone cameras. No one knows how many kids are actually doing it: One study reported 20 percent of teens, another 4 percent. (In both cases, a larger group admitted to forwarding someone else's photo.) But the numbers aren't the only murky part. Because the images are, by definition, child pornography, in most jurisdictions sexting by kids—be it sharing a self-portrait or forwarding one—is a felony, an adult crime punishable with jail time and mandatory registration as a sex offender. Yet it's clear that kids like Taylor and even her crush are different from the sleazebags on *To Catch a Predator*. Stakeholders on all sides of the issue—parents, educators, researchers, and prosecutors—are learning that it's tough to punish and deter teen sexting without destroying young lives in the process.

So how does a family survive a sexting scandal? The Sullivans were about find out, with the help of a unique program in Ohio created to protect kids from the cruelest penalties of the criminal justice system. It launched in 2009 with a simple goal: to educate, not prosecute, teens who have made a bad judgment call.

About two weeks after Taylor hit "send," the middle school's principal phoned her mom at work. "There's a video that your daughter made going around school," he told Amy tersely as she sat in her cubicle. "We're bringing in the police."

"Numbness went through my body," Amy says. "I thought, *How did this happen?* Taylor was already going through so much."

In fact, the whole family was stressed. The recession had rocked their blue-collar town, where many people work in manufacturing or at a military base. The local plant closed, so Amy's second husband, John—who'd gone to work there right out of high school—had to take a lower-paying job. Now their house was sliding toward foreclosure. Meanwhile, the girls' longtime dance teacher, Sherry, whom Taylor calls her "second mom," had been diagnosed with an aggressive form of cancer.

After the call, Amy's mind ran to her tight-knit family, all of whom live in the area. "I knew they'd support Taylor but come down on me," she says. "My brothers don't have teens yet, so they always have an opinion about how I should raise mine: 'Why didn't you—?' 'You should have—' The thing is, I knew we'd taught Taylor better than that."

A few months before, Amy recalled, Taylor had shown her a text from a boy asking for a naked picture. Amy had been grossed out, but not alarmed. It seemed like such a ridiculous request, and her daughter had brought it straight to her. They'd laughed

about the message and then sent off a joke photo of their dog. Amy felt she'd warned Taylor a million times not to send out anything personal; she also normally took her daughter's phone every evening. "She knew what she did was wrong," Amy says. "So I have to admit I was a little mad, too."

Amy characterizes Taylor as the kind of girl who "clams up" when she's hurting, but not that night. When Amy got home from work, Taylor met her at the door, sobbing. "She said, 'Mom, I can show you my phone; there must be hours' worth of texts from that night,'" Amy recounts. "We try to stress personal responsibility with the kids, so my first thing was: Yes, but you sent the video. But I also felt bad for her. Taylor was going to be judged for this, but the boy who had pressured her wouldn't be. It was so unfair."

She was right: Taylor was rendered an outcast almost immediately. Outraged by what she had done, the other girls on her team [to protect her identity, REDBOOK cannot reveal her chosen sport] had turned her in by taking the video to their coach. The video had blazed its way not only through her school but two others—possibly three—including her brother's high school.

The night her mom found out, "Taylor hugged me and said she was sorry," Amy recalls. "She cried, and I held her for a while." Taylor's stepfather tried to comfort her too. "It's not the end of the world," he said. "We'll deal with this."

"I don't like letting down my mom," says Taylor now. She sensed that Amy's main emotion wasn't anger. "She was embarrassed," she says softly. "I was naked, out in the world."

At the time, none of them could have imagined the possible penalties, Amy says. "Our biggest fear was that she'd have to go to juvenile court. That seemed awful enough."

Amy told Taylor they'd have to wait to hear from the police. Then she grounded her for a month.



People who saw it later said they could tell on my face that I didn't want to do it. I didn't even watch it. I just sent it and deleted it.

Taylor was going to be judged for this, but the boy who had pressured her wouldn't be. It was so unfair.

FROM LEFT: DON KENYON/GETTY IMAGES, ALLAN H. SHOEMAKE/GETTY IMAGES, PATRICK BYRD/GETTY IMAGES.



## Adult laws used against kids

Researchers and educators who study sexting agree that sending out a risqué photo or video is, at worst, a plea for attention or a self-harming behavior, like cutting—it means a kid needs help, not jail time. “These laws were never, ever meant to be used against teens sending consensual images,” says J. Tom Morgan, a prosecutor who helped craft some of the original child pornography laws passed to protect children. “They were meant for adults preying on children. Kids suffer enough in this situation.” Any punishment, experts say, should focus on the kids who forward someone else’s private image without permission—kids like Taylor’s “class clown.”

But law enforcers, for the most part, beg to differ. When a kid gets caught, police tend to threaten the heaviest possible charges—with penalties so high that prosecutors end up wielding outsize power. In Pennsylvania in 2008, for example, three families successfully sued a prosecutor who had badgered their kids into entering his anti-sexting program over photos as tame as a teen in a bathing suit. A Washington, DC, defense lawyer even tells REDBOOK that some police departments use teen sexting as a handy offense when they can’t prove anything else against a “bad seed” kid. It’s quite the cudgel: In many states, a 17-year-old boy with a 16-year-old girlfriend is in for heavier charges for having nude pictures of her on his phone than for having sex with her.

In Taylor’s case, the local police chief called Amy the day after the school’s call with an update: Five kids had admitted to forwarding Taylor’s video. The families were coming to the station the next evening, their visits staggered so they wouldn’t cross paths.

When the Sullivans went in, the cops told them that Taylor had committed a felony. “They said she’d be a tier 2 sex offender, which scared the life out of us,” Amy says. (They also offered to show Amy the video. “Why would I want to see that?” she snapped.)

“I said, ‘Look, I get it. These kids need to know this is severe. But my daughter is 13. Don’t make an example of her and ruin her life.’ And they said, ‘Well, we have this program for first-time offenders...’”

By sheer geographic luck, the Sullivans were eligible for one of the country’s only existing sexting diversion programs for minors. Similar in some respects to alcohol awareness classes for drunk drivers, the Montgomery County program had just launched, after a photo of a local girl went viral and her parents pushed to have the boyfriend

who’d forwarded it thrown in jail. “But *she* took and sent the photo, so she would have been charged too,” says prosecuting attorney Mathias H. Heck Jr. “Technically, the kids had committed a felony, but it was really just immaturity. I thought there ought to be something we could do aside from giving them a criminal record.”

A growing number of prosecutors and legislators across the country feel the same way. Since 2009, at least 14 states have enacted legislation to address minors’ sexting, and related bills have been introduced in at least 21 states this year. Arizona, Connecticut, Texas, Utah, and Vermont have changed their laws to make most consensual sexting between minors a misdemeanor instead of a felony, meaning it can be tried in juvenile court. Similar changes are being debated in Ohio, where the issue is personal for state representative Connie Pillich, the bill’s sponsor. Her children went to the same Cincinnati school as Jessica Logan, an 18-year-old who killed herself in 2008 after her naked photo made the rounds. Many of the pending state bills include an “educational component,” and Montgomery County’s program has become a model nationwide.

Today, Heck’s chief of the juvenile division, Julie A. Bruns, reads the file of every kid hauled in for sexting. If the police investigation concludes that a first-time offender pressed “send” without malice, she offers the diversion program. “Determining malice is a little gray, but there are some bright lines,” Bruns says. “In my opinion, it’s when you forward the message expressly to humiliate someone.” Some examples she cites: a kid putting another’s video up on YouTube; rivals or exes forwarding pictures to parents; or appending notes such as, “Ho alert! Text this to all your friends.” In such instances, sexters are prosecuted to the full extent of the law.

Kids who make it into the diversion program can consider themselves lucky: In exchange for not being charged, they agree to check in with a diversion officer weekly, give up cell phone use for six months, do 10 hours of community service, and attend two half-day classes covering issues like good decision making and setting boundaries. “We explore why this or that is not appropriate,” Bruns says. “And we stress consequences. The kids may think, *Oh, it’s not a big deal. It’ll be gone once everything dies down.* Well, not necessarily, because if one person puts it on the Internet, it could resurface 10 or 15 years from now, and then you’re a teacher or a nurse or a mom. We try to get them to think farther ahead than five minutes, which is where 13- and 14-year-olds are thinking.”

Classes are partly taught by a counselor from the local sex-offender treatment program, and some kids even visit a juvenile detention facility. It isn’t therapy; it’s punishment. But it’s better than jail—and vastly better than being labeled a sex offender for life.

## “I felt worthless”

Experts say what’s toughest on a kid caught in a sexting scandal is not being seen naked but the bullying and sexual harassment that follow. Taylor experienced it all: “Every hall I went down, someone called me ‘nasty’ and a slut,” Taylor says. “Kids would say, ‘Here comes the stripper,’ or call me ‘porn star.’” Boys smacked her butt, and her teammates no longer spoke to her. She fantasized about going up to the boy she’d trusted and pouring milk on him, or punching him in the face. He, she says, mostly avoided her. Before



Every hall I went down, someone called me “nasty” and a slut. Kids would say, “Here comes the stripper,” or call me a “porn star.”



long, her grades plunged. “[The harassment] pushed me down into a little hole,” she says. “I felt worthless.”

Some days, Taylor spent time in a favored guidance counselor’s office. After school, she sought refuge at her dance studio, where Sherry, now a cancer survivor, made it clear she would accept no bullying. While Taylor focused on just trying to make it through the day, her mother grew concerned about the bigger picture: her daughter’s future, her self-esteem. “I worried about her safety: what boys would think, whether they’d try to take advantage,” Amy says. “She hadn’t even started dating, and we had to think about whether this would get in the way of her falling in love and being happy later.”

Sadly, kids weren’t the only ones behaving badly. Not knowing who Amy was, a fellow middle-schooler’s mom spat out at work one day that she wouldn’t want her son around “that little girl that sent the video” during an upcoming field trip. (“Me neither,” Amy said drily.) Then Taylor was booted out of her team portrait session, allegedly because her uniform was too tight. Not long after, the coach cut her completely, citing grades. “Sports are everything to me,” Taylor says. “I was devastated.”

The scandal took a toll on Taylor’s siblings too: One day, outside the dance studio, three middle-school boys stopped Jessica, then 7, and snickered, “Isn’t your sister the stripper?” Taylor tears up at the memory. “I don’t think she knew about the video till then,” she says. “I don’t want her thinking about me like that. I want her to look up to me.” Taylor wasn’t sleeping well, and she’d stopped caring how she looked. “You know when your kids aren’t taking showers,” Amy says. “If it’d been a couple days, I’d say, ‘Okay, get in the shower,’ But I didn’t do more than that; I didn’t want her to feel yelled at by me too.” Taylor started missing school, saying she was sick.

It took the police two months, until April 2009, to complete their investigation. In the end, eight kids—five boys, three girls—confessed to forwarding the video, including Taylor’s crush. “He’d been texting her from a church youth retreat that night,” says Bruns.

All eight were offered a spot in the diversion program; all took it. Ironically, Taylor ultimately felt more welcome in the program than she did at school. She loved the community service (helping senior citizens), and checking in with her officer gave her “a chance to vent.” Even forfeiting her phone was a blessing, since “people were trashing me at school, but it couldn’t follow me home.”

There were rough spots, however: Her diversion class was packed with the kids who had forwarded her video. “I could feel the hatred,” Taylor says. “They kept looking at me and laughing.” (Bruns is characteristically tough-minded about this. “Sometimes making kids face each other isn’t the worst idea,” she says. “Because they can realize, if they’d been face-to-face with this person, would they have taken their clothes off? No, they wouldn’t have.”)

When Taylor started eighth grade, things at school only got worse. One day she came home with a bruise; a boy had smacked her in the face. Amy called the school—“They didn’t call me,” she points out—and was told that the boy’s mother was deployed, and he was “going through some things.” “They weren’t going to help her in any way,” Amy says. At parent-teacher conferences, she discovered



Taylor had a .2 grade point average. “I said, ‘And I didn’t get a phone call?’ It was like she didn’t exist.”

Amy decided to pull her daughter out of school and let her take classes online. It wasn’t just the grades. “John and I wondered what the rest of her school life would be like,” Amy says. “We wanted her to be able to go to prom, to go to homecoming, to have normalcy. She wasn’t going to get that there. We couldn’t trust she’d be safe with any boy who asked her out.” Any doubts Amy had about her decision vanished as she stood by Taylor’s locker on her last day. “A boy came up and made a lewd comment to her,” Amy says. “I turned around and his eyes got *this* wide. Taylor just said, ‘Mom, it happens all the time.’”

Driving out of the parking lot, Amy gave Taylor permission to flip off the school.

## A chance to start over

Taylor spent the rest of the school year taking classes from her aunt’s house. And she flourished. In addition to being free of the daily harassment, Amy says, “Taylor needed to give herself permission to be smart. She’d never seen herself that way, and away from the other kids, she got to discover that part of herself.” By summer, Taylor had worked her way up to a 3.2 GPA. At that point, Amy called a nearby school and begged for a transfer. “They took her in, and that saved us,” Amy says. “It’s a smaller school with stricter rules, so I know everything that’s happening.”

Taylor has also found a new social life. “I don’t have a lot of friends now, maybe four,” she says. “But they’re the true ones, the strong ones.” In the spring, she even tried out for a varsity sport—and made the team. “I knew my mom had told the school about the video, and I’d been scared that would disqualify me,” she says. “But it didn’t.”

The video still comes up, though. Taylor had her first real boyfriend this year, a football player she dated for nine months. His mother never warmed up to her, a subject that came up one day while Taylor and the boy’s dad were watching football practice. He gingerly asked, “Had she once made a certain video...?”

“When people ask me about it, I’m honest. So I told him, ‘Yeah, I did it. That was a mistake,’” Taylor recalls. “And he said, ‘I know, sweetie. Don’t worry, I won’t judge you.’”

“It was a big relief. I could finally own up to it without everyone thinking that’s all I’m about,” she says. “Your life goes down a hole, but you get another chance, and it’s like, ‘Whew, thank you.’”

**Kids can realize, if they’d been face-to-face with this person, would they have taken their clothes off? No, they wouldn’t have.**

**Stop sexting before it happens:** For tips on teaching your kids how to respond when pressured for a racy photo, go to [redbookmag.com/teensexting](http://redbookmag.com/teensexting).



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## It's good to say "I'm sorry"

Go ahead, apologize to your kids when you've done something wrong, advises author **Jacquelyn Mitchard**. You won't look weak, and they'll grow up strong.

**W**ith nine kids who range in age from 5 to 27, I don't leap into action when I hear the inevitable progression from smack to shriek to the thundering approach of the tattletale train.

But what I heard the other day was a little different. Five-year-old Atticus, red-faced, appeared and said, "I had to hit Will! He wouldn't accept my apology!" At the same moment, Will, two years older, leapt down the last stair. "I'm hurt! I'm very badly hurt! My arm and my feelings. He should have said sorry twice!"

Welcome to my very sorry family. One of our cardinal rules is that anyone in the wrong must apologize for a transgression and ask for it to be accepted. This family practice, which *does* work (usually), is something I learned when I was a young mom and my now-grown son Rob was about 6. He pointed out that Dad and I apologized to each other when we made mistakes—but not to his brothers and him if we, say, swore or shouted or handed out unfair consequences. It was a moment of lightbulb logic: Apologize to your kid? What a concept! I had parents who were often wrong but never apologized. To admit even the most horrible mistake would have been parental heresy. It would have implied weakness, or diluted authority. Anarchy! So when my parents messed up, my brother and I found ourselves in the surreal situation of having to pretend that nothing had happened, which, if it didn't rock our world, certainly fragmented our sense of justice. I didn't want that for my own children, so from that night forward, I insisted that everyone in our household apologize to each other, and



that we make sure the aggrieved party got the message.

But it was hard! Often, my husband and I were so embarrassed when we transgressed that we continued to put off repentance or avoid it altogether. We still thought of ourselves as "the law," and had to recognize humbly that being bigger or older, paying for the Legos, the soccer shoes, or even college, doesn't always make you right. When we finally started to walk the walk, the kids noticed right away. In fact, they began trying to convert other families as well. I was with Will when his friend's father hit the roof and let fly a string of minor cuss words. The dad turned to me and asked pardon. Will, then 6, piped up: "Are you going to say sorry to your kid?"

Later, I reminded Will that different families have different ways, but I've come to favor ours. The three most beautiful words may not be "I love you." When warranted, they may be, "I was wrong." No big deal. No huge scene. Saying sorry just tells children that they are more than beloved, they're considered people of integrity by their parents, who want them to go into the world respecting authority, but respecting themselves more. **B**

*Best-selling author Jacquelyn Mitchard's latest novel, Second Nature, came out last month.*

ILLUSTRATION BY ANNABEL WRIGHT.



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# Harry Connick Jr., interviewed by his daughter Kate, 14



The Crescent City crooner and his middle girl (of three!) discuss dolls, malls, and the Biebs.

**Kate:** Dad, can you relate to Cécile and Marie-Grace? [They're the dolls Harry and Kate are helping launch for American Girl. Their story shows that friendship was possible between a black girl and a white girl in 1850s New Orleans.]

**Harry:** I'm not the correct demo, but I support their message—that it's what's on the inside that counts.

**Kate:** When you were my age, were you color-blind?

**Harry:** I happened to be good friends with the one black kid in my eighth-grade class in New Orleans. He used to give me money to buy Doritos at lunch. But I always hung out with black musicians, like Branford Marsalis, growing up. So I guess I was.

**Kate:** What music did you listen to at my age?

**Harry:** I went from Stevie Wonder and Billy Joel to instrumental jazz, which I was studying at the time.

**Kate:** So does my music make you crazy?

**Harry:** It's more the constant changing that gets to me. I don't think I've ever heard a song in its entirety!

**Kate:** Is there a concert you won't let me see?

**Harry:** Lil Wayne. But for your birthday last year, I took you to see Justin Bieber.

**Kate:** Does living in a house full of girls drive you nuts?

**Harry:** I would rather be around women than men. I think it has to do with losing my mother when I was 13. I just love girls—as many as you can fit into the car and take to the movies, Six Flags, wherever.

**Kate:** Or the mall, the nail salon...

**Harry:** Sometimes I ask myself, *Why am I not itching to get out of here?* But I never am.

—ADAPTED BY MARISA FOX

Kate's song "A Lot Like Me," inspired by the dolls, benefits the Ellis Marsalis Center for Music in New Orleans. Download it on iTunes.





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# mommyisms: insights from mom to mom

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# MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW



Right holiday,  
wrong bird.

IT'S 2:30 P.M.

Time to have a  
**saner** Turkey Day

● **Don't cook it all yourself!** You'll wind up exhausted (and enraged). Use the free site [potluckness.com](http://potluckness.com) to assign dishes and desserts in an organized way. It's simple: Guests click to bring things you've requested, like apple pie, stuffing, even gear (e.g., an extra high chair or serving platter).

● **Get a head start.** Ward off that panicky feeling you wake up with Thanksgiving morning by making a dent in your to-do's the night before. Chop veggies, prep one side dish, set the table, stock the bathrooms, and arrange a bar so guests can serve themselves when they walk in. Now rest easy!

● **Keep the kids out of the kitchen.** It'll make for a much calmer day, says Lisa Kothari, a party-planning expert based in Seattle. Her fave activities: Have the older children teach the younger ones the story of Thanksgiving and then put on a play, or start a game of hot potato with a mini pumpkin. Or put them to work! Tasks like carrying coats to the bedroom and making place cards are easy for little hands. —PERRI O. BLUMBERG

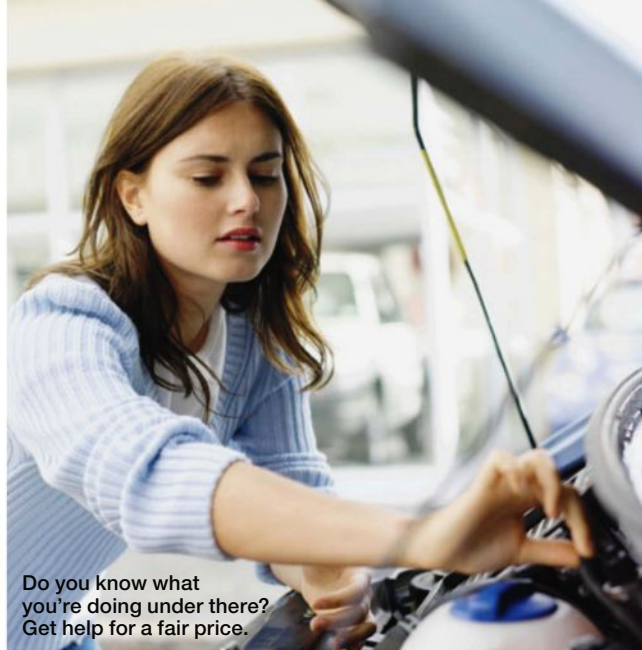


## DON'T GET RIPPED OFF ON REPAIRS

No offense, repair guys, but we don't always trust your fuzzy math. So we asked three Ms. Fix-Its how a sister can avoid getting suckered.

**THE #1 CAR-REPAIR RIP-OFF: engine work.** The Better Business Bureau (BBB) says that auto shops—one of the 10 most complained-about industries last year—routinely charge customers for replacing engine parts they never even touched! **BEAT THE SWINDLE:** Tell your mechanic that you want to see any parts they remove and replace. “That way, they have to come clean about exactly what they did under your hood,” says Bogi Lateiner, owner of 180 Degrees Automotive in Phoenix. And visit repairpal.com, where you can find the reasonable price range for many common fixes at shops in your city.

**THE #1 PLUMBING RIP-OFF: leaky pipes or faucets.** Many plumbers will stick you with a higher bill claiming that the original estimate was for “labor only” and didn't include travel and parts. **BEAT THE SWINDLE:** Ask for *all* costs in writing up front. Also, buy any new parts yourself. “Some plumbers will charge you \$100 just for a trip to Home Depot,” says Mitzi Smith Moore, president of Sundial Plumbing in Atlanta.



Do you know what you're doing under there? Get help for a fair price.

**THE #1 ELECTRICIAN RIP-OFF: rewiring when you've got a short.** “We've heard many customers complain that electricians replace only a few faulty wires properly, and the problem returns days later,” says Angie Hicks, founder of the review service Angie's List. “Then they charge you to fix it again.” **BEAT THE SWINDLE:** “Always ask for a warranty on the work,” says Anna Procaccini, president of Anna's Electric in Dallas. The BBB says any reputable electrician should offer at least a 30-day guarantee. —MELANIE ABRAHAMS



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

### FIVE-MINUTE MONEY MANAGER

## Beat holiday debt now

A friend recently confessed to me that she's *still* paying off last year's holiday gift-buying bills! Start saving today so you don't ring in the New Year with a Visa hanger.

● **Budget and don't budge.** Figure out exactly how much you can afford to drop

on presents without jeopardizing your regular bills. Then, siphon off a little money from each paycheck for the next six weeks so you aren't dipping into your emergency savings or relying on credit to play Secret Santa. Consider stashing the cash in a savings account (watch out for fees!) so you aren't tempted to blow it.

● **Skip Black Friday.** The day after Thanksgiving is the gateway to holiday spending sprees. Though you may find some deals, retailers have a dirty little secret: “For a limited time only” or

“While supplies last” promotions are classic ways to trick you into buying things you don't need by making you think they're about to sell out. (They rarely are.) My strategy: Avoid the frenzy by knocking your whole list out by the week before Thanksgiving. The morning after Turkey Day? Stay home and eat pie.

● **Buy virtually.** Shoppers are willing to pay about 50 percent more for stuff they can actually touch, according to a recent study from Caltech, so the free samples and product demos stores offer during the holidays can put a wrench in your spending plan. Try to stick to the Internet, and make your first stop couponsherpa.com to score special discount codes.



## THE SAFEST TIME OF DAY TO USE AN ATM

...is first thing in the morning after your bank branch opens. Fraudsters are increasingly hacking people's bank accounts by planting tiny “skimming” machines over ATM card-swiper slots: They record your debit card number when you make a withdrawal. “It's standard practice for banks to check their ATMs when they open to make sure no skimming devices were attached the night before,” says Doug Johnson, vice president of risk management policy for the American Bankers Association. So get cash early, and no matter how careful you are, check your account activity weekly for anything fishy. —SARAH Z. WEXLER



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## 6 ways to help everyone get clean water

Each day, 4,000 **children** all over the world die from drinking contaminated water. Do just one thing on this list to fight the **crisis**. By Alison Storm



Children in Lira, Uganda, pump water from a well restored in 2007 by the nonprofit ClearWater Initiative.

**1 Gather** up your spare change and you could bring clean water to conflict-affected villages in Uganda. That's what elementary school students at St. Rita School in Hamden, CT, did recently, and they raised more than \$5,000 for the ClearWater Initiative—enough to drill a well that will supply hundreds of people with water. The initiative was founded by Ben Sklaver in 2007, after he witnessed the appalling health effects of drinking dirty water while stationed in Uganda



Ben Sklaver with his mom, Laura, in 2009.

with the U.S. Army. Tragically, he was killed by a suicide bomber two years ago while serving in Afghanistan; since his death, his mother, Laura, has carried on his dream as the nonprofit's president. "Ben met children in Uganda who weren't able to go to school because they had to spend most days traveling miles to get water with their family. Now they've got a well right in their village and are finally getting an education," says Laura.

So far the organization has drilled 17 wells that serve about 10,000 people. To sponsor a well, visit [clearwaterinitiative.org/get-involved.php](http://clearwaterinitiative.org/get-involved.php).

**2 Buy** a CamelBak water bottle (\$24.99) through [gift.water.org](http://gift.water.org) and you'll help bring clean water to one person in a developing country *for life*. Water.org partners with hundreds of local organizations worldwide to develop sustainable solutions for accessing safe water.

**3 Throw** a wine-tasting party featuring vino from Wine to Water, a nonprofit started by former bartender Doc Hendley. "I was shocked when I learned how many people were dying because they didn't have clean water," Doc says. "My idea was to get my bar customers excited about this cause by having events with good music and great wine." Since then, Doc has helped people all across the country host fund-raising parties that have brought in enough money to provide thousands of people in 11 countries, including Ethiopia and Haiti, with water-filtration systems. Purchase wine for your party (bottles start at \$11.99) through [winetowater.org](http://winetowater.org).

**4 Donate** \$10 to WaterIsLife to give one person a filtration straw, which removes waterborne diseases with every sip and lasts for a year. Since 2007, the charity has handed out more than 50,000 of them in 33 countries. Learn more at [waterislife.com/the-straw](http://waterislife.com/the-straw).

**5 Round up** your friends to take part in a four-mile walk—that's the average distance millions of women and children in developing countries travel daily to get water for their families—organized by Water Missions International's "Walk in a Bucket" program. All the money you raise will help the nonprofit install water purification systems and build safe water wells; it has already brought water relief to more than 2 million people in 10 countries. Get an easy starter kit at [watermissions.org/have-your-own-walk](http://watermissions.org/have-your-own-walk).

**6 Drink** tap water for 14 days, and donate the money you would've spent on bottled water, juices, and soda to Blood Water Mission. Each dollar will provide clean water to one person in Africa for an entire year. Go to [bloodwatermission.com/take-action](http://bloodwatermission.com/take-action) for details. **B**





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## TWO SMART LADIES

### REVENGE OF THE SPORTS WIDOW

Best friends Lena Sutherland and Jules Mancuso used to gripe about their sports-addict husbands, until the day they “were on the phone while our guys watched the same football game and we started giving our own commentary,” says Lena. “We even had the men laughing, so we figured we needed to share this with other women in the same situation.”

Now thousands of listeners tune in for their live online show *While the Men Watch*. A taste of what you might hear...

#### DURING A NEW YORK YANKEES VS. BOSTON RED SOX GAME

(Watching a segment comparing Derek Jeter with Yogi Berra)

**Jules:** Jeter looks like he has a spray tan. Look how white that guy Berra looks beside him.

**Lena:** He played in like 1925. They had an ozone layer back then.

#### DURING A VANCOUVER CANUCKS VS. SAN JOSE SHARKS MATCH

(On a female fan who decided to entertain a player in the penalty box)

**Lena:** If you're gonna flash, an icy-cool arena is the best place to do it, while everything's standing to attention.

**Jules:** I'm with you, sister.

Get the schedule of upcoming shows at [whilethemenwatch.com](http://whilethemenwatch.com).



Ballsy women: Jules (left) and Lena.

## MOMMY MIXOLOGIST

### THE KICKIN' CRANBERRY COSMO

A couple of these will make you so much more thankful that your mother-in-law decided to come early and “help out” with the Turkey Day preparations. (Or, if you're in a sharing mood, use it to sedate her until dinner's ready.)

- 3 oz orange vodka
- 1½ oz Cointreau
- 3 Tbsp cranberry sauce (fresh or canned, either way)
- Juice from ¼ of a lime
- Rosemary sprigs

**Directions:** Combine first 4 ingredients in a blender with two or three ice cubes. Blend on high until smooth. Strain into two martini glasses, and garnish each with a rosemary sprig.



Kim Haasarud is a mom of two who designs cocktails for top hotels. Her latest recipe book is *101 Mojitos & Other Muddled Drinks*.



## WOMAN AS LAB RAT


A new study says that whining is more distracting than a buzz saw. Um, duh. Still, the validation means you can stop feeling like Mommie Dearest the next time your children start in. A few other things to let yourself off the hook for:

● **Avoiding his friends.** Researchers at Cornell and the University of Chicago found that if a man's wife is too close with his friends, he's more likely to suffer from sexual dysfunction. So really, he should thank you for thinking his poker buddies are putzes.

● **Surfing the Web at work.** According to researchers at the National University of Singapore, aimlessly clicking around online for 10 minutes can enhance a worker's productivity. Not proven, but likely: scoring a cheap pair of shoes while you do so is extra-energizing.

● **Treating your daily cocktail like medicine.** Women who have a drink a day are 23 percent less likely to incur dementia as they age, according to Loyola University Chicago researchers. As if you need proof that the recipe above is a prescription for not losing your marbles.





We didn't know  
where to go next with  
Eric's ADHD.

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INTUNIV is a prescription medicine used to treat Attention Deficit Hyperactivity Disorder (ADHD) in patients 6 to 17, either alone or in combination with ADHD stimulant medications. INTUNIV was shown to work in clinical studies lasting up to 9 weeks. INTUNIV should be used as part of a total treatment program that may include counseling or other therapies.

### Important Safety Information

Patients should not take INTUNIV if they are allergic to guanfacine or other ingredients in INTUNIV, or are taking other medicines containing guanfacine (eg, Tenex®). Tell the doctor about all medicines, vitamins, and herbal supplements your child is taking.

INTUNIV may cause serious side effects including low blood pressure, low heart rate, fainting, and sleepiness. Before starting INTUNIV, tell the doctor if your child has low blood pressure, low heart rate, heart problems, has fainted, has liver or kidney problems, is pregnant, breast-feeding or plans to become pregnant or breast-feed, or has any other medical condition. Patients should avoid becoming dehydrated or overheated while taking INTUNIV.

Patients should not drive or operate heavy equipment until understanding how INTUNIV affects them. INTUNIV can slow thinking and motor skills. While taking INTUNIV, patients should not drink alcohol or take other medicines that can cause sleepiness or dizziness as these symptoms may get worse.

The most common side effects of INTUNIV include sleepiness, tiredness, trouble sleeping, low blood pressure, nausea, stomach pain, and dizziness.

INTUNIV should be swallowed whole without crushing, chewing, or breaking the tablet. INTUNIV should not be taken with a high-fat meal. Do not change the dose or stop INTUNIV without talking with the doctor. The doctor will regularly check your child's blood pressure and heart rate.

**Please see Patient Information on the following page.**

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch) or call 1-800-FDA-1088.

If you are having trouble affording your medicines, Shire may be able to help. Visit [ShireCares.com](http://ShireCares.com) or call 1-888-CARES-55.

For more information visit [intuniv.com](http://intuniv.com) or call 1-866-272-1222. Ask the doctor about nonstimulant INTUNIV.

**For money-saving offers on your child's prescription, visit [intuniv.com](http://intuniv.com)**

**intuniv**®  
(guanfacine) Extended  
Release  
Tablets



# **INTUNIV® (in-TOO-niv)** **(guanfacine)** **Extended-Release Tablets**

Read the Patient Information that comes with INTUNIV® before you start taking it and each time you get a refill. There may be new information. **This leaflet does not take the place of talking with your doctor about your medical condition or your treatment.**

## **What is INTUNIV®?**

INTUNIV® is a prescription medicine used to treat the symptoms of attention deficit/hyperactivity disorder (ADHD).

INTUNIV® is not a central nervous system (CNS) stimulant.

INTUNIV® should be used as a part of a total treatment program for ADHD that may include counselling or other therapies.

It is not known if INTUNIV® is effective:

- for use longer than 9 weeks

It is not known if INTUNIV® is safe or effective:

- in children younger than 6 years old
- in adults

## **What should I tell my doctor before taking INTUNIV®?**

**Before you take INTUNIV®, tell your doctor if you:**

- have heart problems or a low heart rate
- have fainted
- have low blood pressure
- have liver or kidney problems
- have any other medical conditions
- are pregnant or plan to become pregnant. It is not known if INTUNIV® will harm your unborn baby. Talk to your doctor if you are pregnant or plan to become pregnant.
- are breast-feeding or plan to breast-feed. It is not known if INTUNIV® passes into your breast milk. You and your doctor should decide if you will take INTUNIV® or breast-feed.

Tell your doctor about all of the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

INTUNIV® may affect the way other medicines work, and other medicines may affect how INTUNIV® works.

Especially tell your doctor if you take:

- ketoconazole
- medicines that can affect enzyme metabolism
- valproic acid
- high blood pressure medicine
- sedatives
- benzodiazepines
- barbiturates
- antipsychotics

Ask your doctor or pharmacist for a list of these medicines, if you are not sure.

Know the medicines you take. Keep a list of them and show it to your doctor and pharmacist when you get a new medicine.

## **How should I take INTUNIV®?**

- Take INTUNIV® exactly as your doctor tells you.
- Your doctor may change your dose. Do not change your dose of INTUNIV® without talking to your doctor.
- Do not stop taking INTUNIV® without talking to your doctor.
- INTUNIV® should be taken 1 time a day, either alone or in combination with an ADHD stimulant medication that your doctor may prescribe. Your doctor will tell you when to take INTUNIV® and when to take your ADHD stimulant medication.
- INTUNIV® should be swallowed whole with a small amount of water, milk, or other liquid.

- Do not crush, chew, or break INTUNIV®. Tell your doctor if you can not swallow INTUNIV® whole.
- Do not take INTUNIV® with a high-fat meal.
- Your doctor will check your blood pressure and heart rate while you take INTUNIV®.
- If you take too much INTUNIV®, call your local Poison Control Center or go to the nearest emergency room right away.

## **What should I avoid while taking INTUNIV®?**

- Do not drive, operate heavy machinery, or do other dangerous activities until you know how INTUNIV® affects you. INTUNIV® can slow your thinking and motor skills.
- Do not drink alcohol or take other medicines that make you sleepy or dizzy while taking INTUNIV® until you talk with your doctor. INTUNIV® taken with alcohol or medicines that cause sleepiness or dizziness may make your sleepiness or dizziness worse.

## **What are the possible side effects of INTUNIV®?**

**INTUNIV® may cause serious side effects including:**

- low blood pressure
- fainting
- low heart rate
- sleepiness

Get medical help right away, if you have any of the symptoms listed above.

**The most common side effects of INTUNIV® include:**

- sleepiness
- nausea
- tiredness
- stomach pain
- trouble sleeping
- dizziness
- low blood pressure

Tell the doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of INTUNIV®. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

## **How should I store INTUNIV®?**

- Store INTUNIV® between 59°F to 86°F (15°C to 30°C)

**Keep INTUNIV® and all medicines out of the reach of children.**

## **General Information about INTUNIV®**

Medicines are sometimes prescribed for purposes other than those listed in a Patient Information Leaflet. Do not use INTUNIV® for a condition for which it was not prescribed. Do not give INTUNIV® to other people, even if they have the same symptoms that you have. It may harm them.

This leaflet summarizes the most important information about INTUNIV®. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about INTUNIV® that is written for health professionals.

For more information, go to [www.INTUNIV.com](http://www.INTUNIV.com) or call 1-800-828-2088.

## **What are the ingredients in INTUNIV®?**

**Active ingredient:** guanfacine hydrochloride

**Inactive ingredients:** hypromellose, methacrylic acid copolymer, lactose, povidone, crospovidone, microcrystalline cellulose, fumaric acid, and glycerol behenate. In addition, the 3mg and 4mg tablets also contain green pigment blend PB-1763.

Manufactured for Shire US Inc., Wayne, PA 19087.

INTUNIV® is a registered trademark of Shire LLC.

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This product is covered by US patents including 5,854,290; 6,287,599; 6,811,794.

Version: 06/2011

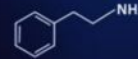
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†These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, diagnose, or prevent any disease. This product should not be used in place of or as a substitute for recommendations by your healthcare professional. No clinical study has been performed on Fastin<sup>®</sup>. These statements are based upon the active ingredients: Phenylethylamine, Theobromine, 1,3 Trimethylxanthine, Yohimbine, Synephrine, Methylsynephrine, 1,3 Dimethylamine HCl, and N-methyl-B-phenylethylamine. **WARNING:** this product can raise blood pressure and interfere with other drugs you may be taking. Talk to your doctor about this product.





"I've always had this ability to adjust to just about anything," says Salma. "All women have this quality, and they should treasure it."





# SECRETS OF A *free spirit*

SALMA HAYEK PINAULT IS A RISK TAKER AND AN **IRREVERENT** THINKER. SHE PUTS IT ALL OUT THERE ONSCREEN, IN HER CHARITY WORK, IN HER **LOVE** LIFE, AND — HALLELUJAH — IN THIS FRANK AND FUNNY REDBOOK INTERVIEW. ▶



as you walk into the fabled Polo Lounge at the Beverly Hills Hotel, the first things you notice are the iconic green-and-white striped walls, trellises spilling over with bougainvillea, and booths that have “VIP” written all over

them. The place is teeming with agents and producers, a smattering of real housewives of Beverly Hills, and socialites who pick at their lobster salads while subtly eyeing each other up and down. They’re all beautiful—tanned, taut, nipped, and tucked in that way that seems indigenous to Los Angeles.

And then there’s Salma Hayek Pinault, who is anything but stiff. “I don’t want to do Botox and the fillers, at least not yet,” explains the star, who is seated across from me in the prized (i.e., most visible) perch of the lounge’s patio on a warm, breezy evening. “I’m not as afraid of the wrinkles as the face falling apart and losing its tone.” Her antidote: Don’t freeze your face, *move* it, using a technique she happily demonstrates, as everyone in the joint watches. Suddenly, the actress’s gorgeous features are going at full speed in all different directions—jaw dropping then shutting, sparkly dark eyes squinting then opening wide, brows extending to the sky—oblivious to the triple takes she’s inciting. “If you’re paralyzing your face in your 20s and 30s, you’re not exercising the muscles that give it strength,” says Salma, 45, who recently launched a comprehensive beauty line for CVS called Nuance Salma Hayek. “My feeling is, laugh, cry, move your face. Go ahead,” she says. “Try it!”

You mean, here? Now?

“Yes, that’s right. Open your mouth as wide as it will go and now make a big smile,” she instructs. A minute later, we’re gyrating our jaws in sync in two of the swankiest seats in Hollywood. That’s just how Salma rolls.

The actress has a history of making up her own rules. She moved to the United States in 1994, at the height of her career as a Mexican soap star, for a shot at the big screen. But success wasn’t immediate. When she couldn’t get the parts she wanted,

she created them. *Frida*, the biopic she produced in 2002 about Mexican artist Frida Kahlo, earned her a slew of Oscar nominations, including one for best actress. When she couldn’t find television shows she could relate to, she produced her own, *Ugly Betty*. And who could forget her hilarious turn as the hot-blooded, McFlurry-loving nurse who fires up Alec Baldwin’s character, Jack, on *30 Rock*? Salma has brought that same passion to her work as a human rights activist. She’s supported organizations that give aid to battered women and children through her Salma Hayek Foundation. She’s helped provide tetanus vaccines to 31 million at-risk children through her work for UNICEF. And when she encountered a starving baby on one of the organization’s goodwill missions to Sierra Leone almost three years ago, she didn’t think twice about nursing him as the news cameras rolled.

“Of all the things I’ve done, I’ll probably be remembered most for that,” she says, laughing. “But I don’t care.” And that’s her secret, it seems: doing exactly what feels right in the moment. That includes voicing the character of Kitty Softpaws in this month’s 3-D *Shrek* spin-off, *Puss in Boots*, in addition to finishing four more movies for next year. What drives the petite powerhouse? Salma settles into her seat and opens up about her unlikely marriage to French luxury-goods mogul François-Henri Pinault, the fears and challenges she faces as a mom to her 4-year-old daughter, Valentina, and why every woman needs to shake things up—and keep ’em guessing.

**REDBOOK** You came to the United States to go to boarding school, and then again after you had become a big star in Mexico—but were unknown here. What was that like for you?

**SALMA HAYEK PINAULT** It was very, very difficult. But I have a very romantic and adventurous spirit, and I’ve always believed that if you do the right thing for the right reasons, then good karma will come back to you. It was also simple: I wanted to make movies. They weren’t making them in Mexico. I was on a soap, and that’s not where I wanted to be.



“IT FEELS LIKE EVERYTHING IS STARTING



**RB Did you ever doubt yourself?**

**SHP** I had plenty of doubts—I still do—because it seemed like it was never going to happen for me. It still feels that way sometimes, but I don't care that much anymore! Other things have happened, like having Valentina. So suddenly, work is just not that big of a deal. And now that it's not that big of a deal, it feels like everything is starting to happen for me—and I'm 45!

**RB What's different now than 20 years ago?**

**SHP** I'll tell you, there is nothing better in life than being a late bloomer. I believe that success can happen at any time and at any age. You can put your body in shape like it's never been before. You can have a spiritual awakening and discover a new side of yourself. And best of all, love can happen at any age. Life can just start to get exciting when you're in your 40s and 50s. You have to believe that.

**RB Did you always know that marriage and motherhood would happen for you?**

**SHP** Oh, no. There were many times when I had to emotionally come to terms with the fact that maybe I wasn't ever going to get married. And I started getting comfortable with that.

**RB Did you give up hope of having a child?**

**SHP** No, I always wanted one. I was thinking about different options for having one if I didn't find the right man.

She's semi-tough: "Oliver Stone asked if I'd gone 'all soft' because I'm a mother. I said, 'Yes, but I can be the devil if I need to, because after all, I'm an actress.'"

**RB Your daughter was so fantastic at our shoot. When I tried to offer her some candy, she said that if she finished her lunch she was going to get a piece of bubble gum, and she didn't think you would like it if she had both. She was so mature. What's your secret?**

**SHP** I just stay out of her way! I have a really smart daughter, and I'm sure every mother out there feels exactly the same as I do. She scares me with some of the things she says. She said to me, "Mommy, how come you get to boss me around, but I don't get to boss you around?" And I said, "It's my privilege as your mother." And she said, "Well what is it that gives you that privilege? And what can I do to have that privilege too?"

**RB Is Valentina the reason you were drawn to the role in *Puss in Boots*?**

**SHP** I liked the idea of doing a movie that Valentina could see, since there are many I've done that she is too young to see, and a few I'd probably never want her to. I'm a watchdog when it comes to what she can and cannot see.

**RB So are you more conscious of the kind of movies you're making because of her?**

**SHP** I haven't done any movies with a love story because I am terrified of having to answer her questions. I just finished a movie with Kevin James, and she immediately asked me, "So what are you playing? What is this movie about? Do you have a boyfriend in this movie? Are you going to kiss him?" It's terrible. It's like being interrogated by Interpol!



TO HAPPEN FOR ME NOW—AND I'M 45! ”



**RB What do you think you're doing that's made her feel so secure in her own skin?**

**SHP** She has a very strong family core, and that creates a sense of security even though we move around a lot. She has never seen her parents fight—never. The one time we fought, it was a *big* one, but she was just a baby and not in the room.

**RB Really? You've only had one fight with François in the six years you've been together?**

**SHP** Yes, and that was when we separated. [Hayek and Pinault met in 2006, had daughter Valentina in September 2007, split for a few months in 2008, then got back together and tied the knot on Valentine's Day 2009.] You'd be surprised how things don't have to escalate if your common goal is resolution. If we fight, we end up laughing because it's usually something silly.

**RB How soon did you know that François was the one?**

**SHP** Let me just say that when I met him for the first time, I didn't even know I was going on a date. I thought I was going out with many people, and [being set up] made me very angry. Also, he was so unlike anything I ever expected for myself that I fought him when I first met him and was very nasty to him. I had preconceived notions of guys like him.

**RB What do you think his first impression of you was?**

**SHP** Probably "crazy girl." But something must have worked, because he married the crazy girl! I told him from the beginning that I wanted children and a family of my own, and that I didn't just want to date a bunch of guys—that I had already done that. Can you believe I said all of this on the first date? We were both very honest.

**RB When he proposed after 10 months, were you surprised or did you expect it?**

**SHP** Oh, no, it was quite a shock. Then we kept it a secret until he got me pregnant—which of course was another shock.

**RB How much of this story do you attribute to fate?**

**SHP** I believe in fate 100 percent. I was that girl in her late 30s who had been heartbroken, with no husband, no children, and without a consistent career.

**RB During that period when you were single, did you ever indulge in self-pity parties?**

**SHP** Sure, but as I got closer to my 40s I liberated myself. I said to myself, "You know what? A husband and family might not happen, and you have to get over it and enjoy life without that." I decided to focus on the other good things I had. Then, all of a sudden!

**RB Do you think letting go freed you in some way?**

**SHP** To be honest, I had let myself go a little too much, because

I was a little chubby then. I had resigned myself to not finding Mr. Perfect, so I could enjoy my candy! I was not at my best, and along came this sweet guy.

**RB Do you think François was as surprised by you as you were by him?**

**SHP** Yes. But I was more frightened by the idea of having to drop my life here. I told him I didn't think I could move to Paris, and he was okay with it. He gave me my space and told me we could take it one day at a time. He said we didn't have to be like everyone else, that we could reinvent our love, marriage, and family because there wasn't only one way to do it.

**RB Is one of the reasons your relationship works so well that he lets you be yourself, not some trophy wife?**

**SHP** Yes. I work hard, I make my own living, and I love it. I like having financial independence. I don't ever want to have to depend on anyone completely. But when I have troubles sometimes, it's nice to have someone there to help.

**RB So you don't have to deal with any macho French pride?**

**SHP** He doesn't have that. What he has is confidence.

**RB Okay, but I've read that you cook the family meals. He doesn't expect this from you?**

**SHP** Oh, no, no, no, no. I cook because I want to. If he expected me to have his dinner on the table every night, then I promise you, I wouldn't cook a day of my life. We're both so

busy, and we don't live in the same place [because of their work, Salma spends more time in Los Angeles, François in Paris, where he has PPR, which owns Gucci and Yves Saint Laurent, among other fashion brands]. But I love to cook when I have the time. I don't cook French or Mexican food with exact recipes. I just go to the supermarket and buy things that look good, and I mix it all together and invent something. Ninety-five percent of the time, I'm lucky. Sometimes not so lucky, and I say, "Let's go out to dinner."

**RB Do you ever eat junk food?**

**SHP** Of course! I love Doritos with Tabasco and Puffed Cheetos. I give the healthy Cheetos to Valentina and I eat the real ones!

**RB Would you like to have more children?**

**SHP** I had a difficult pregnancy. [Salma had gestational diabetes, a condition that can lead to miscarriage, birth defects, and complications at birth.] Plus, we've finally figured out our family dynamic, and it works well. But that said, I do sometimes think about it. Valentina, however, has made it very clear that she does not want a brother or sister. "Mama," she has said, "I have enough and I do not want to share you with another brother or sister." I don't even know if I could get pregnant at this point.

“FRANÇOIS  
SAID THAT  
WE COULD  
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OUR LOVE,  
MARRIAGE,  
AND FAMILY.”

HAIR: ROBERT VETICA FOR MOROCCANOIL AT THEMAGNETAGENCY.COM. MAKEUP: KRISTOFER BUCKLE AT STARWORKSARTISTS.COM. MANICURE: TOMEBACHIK FOR CHANEL/CLOUTIER REMIX. STYLIST: ELIZABETH STEWART AT T+T MANAGEMENT. NECKLACE: AMRAPALI. DRESS: GUCCI. BRACELET: ISHARYA. SHOES: JIMMY CHOO.



# How Salma beats a bad mood

SOMETIMES THIS INTENSE GIRL NEEDS TO LIGHTEN UP A LITTLE. YOU TOO? TRY HER FIXES:

**RB** You and François are a very glamorous couple, but do you ever just hang in your sweats?

**SHP** François is not much of a sweats person. I am, but I am not stupid. I wear the sweats, but I will change into something else when I know he is about to come home. His philosophy is that you can be comfortable in something beautiful. But I'm not *always* dressed glamorously, because it is good for him to see the difference. And I have to say, I like that he has such great taste and that he always dresses well and smells so nice.

**RB** Do you worry about getting older and aging gracefully?

**SHP** Honestly, I didn't until I fell in love. He thinks I'm beautiful, and I wonder, what's going to happen when I'm not anymore? Is he not going to love me?

**RB** But you really don't have a single wrinkle. Didn't you ever lie in the sun?

**SHP** Are you kidding me? Yes, and I just quit smoking three months ago—a pack a day! I quit while I was pregnant and nursing, but started again the moment she got off the boob! I'm trying to take better care of myself. But you know how to age gracefully? Enjoy your life. If you're sour, unhappy, bitter, whiny, neurotic, and paranoid about getting older, that will age you.

**RB** You're married to the head of one of the most powerful fashion companies in the world. How has your relationship influenced your personal style?

**SHP** I have never cared that much about fashion, although it has grown on me since I have been with François. If someone asks me if I'd rather go to a movie or go shopping, I'll take the movie any day.

**RB** You don't like to shop?

**SHP** I don't, but François does. And it's a lot more fun to go with him than when I'm on my own with that sense of desperation that I have to find a dress and fit into it. I've always found shopping stressful.

**RB** Does François ever pick out things out for you?

**SHP** Sometimes.

**RB** And if you don't like it, do you wear it anyway to make him happy?

**SHP** No. I'll tell him, "I don't like that one." Like I said, I'm still a Mexican. I like to play fashion with him, but I'm nobody's Barbie. **®**



Love all: Salma and François-Henri get sporty for a tennis match in Los Angeles in August.

**1 Move your butt.** "It's the hardest thing to do, but exercise—even if it's just a brisk walk. I never used to, but it can really give you an instant lift. And try to eat something healthy too."

**2 Primp a little.** "Get a pedicure, and if that isn't working, go get a wax job! Sometimes a new lipstick just helps. Beauty products always cheer me up and give me hope. If it makes you feel pretty, why not?"

**3 Be a private dancer.**

"If you're feeling blue, lock yourself in a room, stand in front of a mirror, and dance—and laugh at yourself and be sexy. Dance the silliest and ugliest you've ever danced. Make fun of yourself and try to recover your sense of humor. I do that with Valentina, especially if she's pouting, and it always works."



The star hams it up on German TV.

**4 Dress up.** "I was having dinner with my friend Demi—yes, that one—and she said, 'Oh, my God! Every time I see you, you are so put together!' And I told her it's a lot easier to grab a fabulous little dress than to put together a whole casual outfit with jeans, a top, the right jacket, and great shoes. You slip on a dress and you can't go wrong."

**5 Play deejay.** "Put together a new playlist and listen to it while you're having dinner. Music makes you want to move and dance and laugh. It can be magical."



Arriving in high style: Salma and her super-chic family at the Venice airport this September.





No day care, no problem. Want to help Mama at work today, Shnookums?



# WTF working mom moments!

If you're one of the 23 million working moms in America, you know that some days, balancing work and family life is a big fat joke. Read these nutty stories and laugh (because feeling guilty gets you nowhere). By Paula Szuchman and Kate Ashford

A few weeks back, I dropped my daughter, Ida, off with a neighbor and rushed to work. This is the sum total of what I know about the woman I entrusted with my 18-month-old's life: Her name is Lisa, she lives on my block, and she has two kids. I didn't—still don't—know her last name, and I forgot to take her phone number with me to the office. I had chatted with her a few times in passing, on my way to our neighborhood park, and she'd nicely offered to babysit. So when my nanny called in sick at the last minute, I took her up on it.

During my commute to work that day, I couldn't believe I had left my kid with a stranger. If I'd stayed home, would the

office have come to a standstill? No. Would I have been fired on the spot for taking a day off? Unlikely. But in the panic of that morning, all I could think about was the giant to-do list waiting at my desk, the inconvenience I'd cause my boss, and, most importantly, the shame of failing to manage my personal life in a way that didn't interfere with my job.

It's as if the day I became a mother I'd made some tacit agreement to never let my new, non-paying job interfere with the one that gives me a salary. How hopeful I was—and how very wrong. I had no idea that life with kids would be so messy and unpredictable, so marked by those WTF moments when the urge to be a perfect

employee and the urge to be a perfect mom rush at each other in a game of chicken. Inevitably, one of them goes screaming off the track.

Most of the time, it's only a temporary derailment. Your boss forgives you and your kid forgives you. What's tougher is forgiving yourself. We aim for peak performance at home and at work, especially in this uncertain economy. My income helps pay the mortgage, put food on the table, and save for college and isn't something I can casually toss aside. Plus, I like my job.

In a new poll of working moms conducted by REDBOOK and Yahoo!, 76 percent said that despite its stresses, working makes them *happier*. Yet 70 percent also admitted to feeling guilty when they can't do things for their families because of work, and 41 percent say that people in their lives judge them for their choices. Tellingly, 34 percent admit that they're doing the harshest judging themselves.

"I don't think you can be a good parent or a good employee without feeling guilty. I feel guilty every day," says *New York Times* columnist Lisa Belkin, the author of *Life's Work: Confessions of an Unbalanced Mom*. Belkin suggests that much of this stress is a byproduct of progress: Work is more critical to women than ever before, and they have the ability to get jobs they love, to earn more money, and to rise higher in their careers. "Choices," she says, "require trade-offs." In fact, a new study from the University of Washington suggests that working moms who recognize that they can't juggle everything seamlessly are less likely to be depressed



than those who think women can do it all—something researchers call “the supermom myth.” They note that we become far happier once we accept that most days call for tough decisions.

Not that it’s any fun having to make those decisions. I don’t like going to work when my daughter is sick at home, and I hate that I missed her first trip to the zoo. All of which makes me appreciate the times we *do* have together. On a recent Sunday, my husband and I took Ida to the beach at Coney Island, a spur-of-the-moment trip. She held my hand and ran around the shoreline, laughing every time a wave crashed in front of us. It was an image I carried with me to the office the following Monday and all that week as I scrambled through work, dashing in and out of endless meetings. Even on the mornings it hurts to leave her, I know I’m headed to a place that stimulates and energizes me in a totally different but significant way.

Maybe this is as close as any working mom comes to attaining “work-life balance”—a term I’ve always disliked, since it implies that what I’m doing five days out of the week isn’t actually my *life*. I may not have achieved balance, but I try not to let the imperfect days drag me down. It helps to know that WTF moments happen to everybody, and proof is on these pages, in multitasking-gone-wrong stories from famous women, corporate powerhouses, and admirably honest REDBOOK readers. Their willingness to share makes it easier for us *all* to muddle through—and to remember that if we’re lucky, a WTF moment makes for a pretty good laugh later on.

Oh, and Lisa Whatever-your-name-is, I owe you one.

*Paula Szuchman is the deputy managing editor of Newsweek and coauthor of Spousonomics.*



I'll have to call you back... I've got someone else on the line.

## ***“YEAH, THAT’S MY WATER BREAKING. SHOULD WE FINISH THIS MEMO?”***

**“While I was a House member, I was pregnant with my second child. I worked straight through my pregnancy,** and on one particular day in May 2008, I was in an Armed Services Committee meeting. I spent the whole day at the hearing, and as the afternoon wore on, I began feeling what I didn’t realize at the time were pre-labor contractions. I stuck it out until 9 p.m., at which point I went home and got in bed. Sure enough, that night my water broke, and I rushed to the emergency room to give birth. Looking back, I think, *How did I have the strength?* I was literally sitting in a room analyzing very complex issues for 12 straight hours while having contractions—it was slightly overambitious, to say the least.”

—KIRSTEN GILLIBRAND, 44, U.S. SENATOR FROM NEW YORK; TWO CHILDREN, 7 AND 3

**“I was really busy with season 7 of *The Biggest Loser*, and I’d had a pretty easy second pregnancy.** But then, right at the end, my doctor was concerned because my fluids were low, so she started doing regular stress tests on the baby. Of course, nothing made me more stressed out than something not going according to plan, because I had set a certain day to be my last day at work. It wasn’t like I could call in sick; everybody was counting on me. I had to stand on the *Biggest Loser* scale for three hours to tape a weigh-in, and then I went back to the doctor’s office—and then to the hospital, because the doctor was still concerned. I was literally in full hair and makeup when I had the baby that night. Nature just doesn’t care what you do for a living.”

—ALISON SWEENEY, 35, ACTRESS; TWO CHILDREN, 6 AND 2

CHRIS GRAYMER/GETTY IMAGES.



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## CHILD CARE? WHAT CHILD CARE?

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**“I took off on a daylong out-of-town business trip and completely forgot that it was a half-day at my children’s school. My kids were left on the playground.** I got a series of frantic calls, and I had to stop my presentation and pick up the phone in a conference room full of clients. In front of everyone, I scrambled to understand what was going on, then desperately grasped after solutions. Thankfully a ‘good’ mom was nearby when the school called and picked them up for me. Since then, I’ve tried to be more businesslike as a mom. My kids’ schedules are now treated exactly like my work deadlines: I keep one calendar on my Android for everything from making a Helen Keller costume to presentations with CEOs of Fortune 500 companies.” —LISA MERRIAM, 47, NEW YORK CITY; OWNER OF MERRIAM ASSOCIATES, A MARKETING CONSULTING FIRM; TWO CHILDREN, 9 AND 7

**“When I first took the job in Washington, DC, I had to go to community meetings every night. With no babysitter, I was in a situation where I often had to drag my daughters, then 9 and 6, along.** Then one day, I went to pick my daughter up from her school, and she pulled me over to the bulletin board and said, ‘We had to write something for Black History Month. Look at mine.’ She had written out my stump speech: ‘I have a dream that someday, regardless of race or zip code, every child will have access to an excellent education.’ I was pretty proud, but thought, *Oh, my gosh, I’ve taken her to way too many of these things!* I hadn’t noticed how much it was seeping into their heads. It was an eye-opener that I had to do a better job of managing what they were going to with me.” —MICHELLE RHEE, 41, FOUNDER OF STUDENTSFIRST AND FORMER CHANCELLOR OF THE DC PUBLIC SCHOOLS; TWO CHILDREN, 12 AND 9

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## “MY BRAIN IS STILL ON MATERNITY LEAVE”

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**“A few years ago, my son called from school asking if I could pick him up because he wasn’t feeling well. I said, ‘Sure, I’ll be there as soon as I make one phone call.’** As I jumped into my car, I remember thinking, *Wow, I really can do it all.* I showed up at the school, ran to the office, and the receptionist said, ‘I don’t recall your son’s name, but why don’t you go to the counselor’s office?’ I almost died when the counselor said, ‘Mrs. Grahl, we had your son last year. He’s in junior high now.’” —TERRY GRAHL, 43, TAYLOR, MI; CEO OF ENCHANTED MAKEOVERS; FOUR CHILDREN, 18, 15, 13, AND 11

**“I had a business meeting with a photographer to discuss product pictures for my website along with packaging and advertising materials. We met to nail down a firm number on his fees, and it was my chance to give my list of expectations before we went any further.** I opened my briefcase and laughed, because when the inspiration for what I wanted had hit me, I’d had nothing to write on but a Winnie the Pooh coloring-book page. So there I was, trying to drive a hard bargain while referring to my half-colored Winnie the Pooh document. There was no hiding it, no trying to be cool. So I just went with it, like it was the most normal thing ever. And I still got the price I wanted!” —LESLIE HAYWOOD, 39, CHARLESTON, SC; FOUNDER OF GRILL CHARMS, BY CHARMED LIFE PRODUCTS; TWO CHILDREN, 8 AND 6

**“When my son Rob was about 4 months old, I went back to work for a big meeting and was thrilled to find that I could fit into my business suits again. I gave my speech and was feeling great until I returned to my seat, took my jacket off, and realized that I had spit-up all over the shoulder and down the back.** It was a mess! Interestingly, no one said a word... until about six years later. By that time, I was a vice president in the company. And after one of my presentations, a male colleague came up to me and said, ‘Did you check your jacket to be sure you don’t have spit-up on it this time?’ Oh, men—they never forget.” —SHARON DECKER, 54, RUTHERFORDTON, NC; FOUNDER OF THE NONPROFIT THE TAPESTRY GROUP; FOUR CHILDREN, 26, 22, 20, AND 15



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## AH, PUMPING

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**“As a breast-feeding mother, my pump was my constant companion at work.** Thankfully, I had a private office, with a gorgeous, unobstructed view of the river, so I never took the time to close the blinds. One day, while pumping, I heard a loud *thwack* on the window. Startled, I turned around and got the scare of my life: A window washer was scaling the building and had just settled onto the ledge outside my office. Horrified, I rushed to button my shirt. Motherhood is full of surprises, but I’ve learned there’s no point in getting embarrassed!”

—MONIQUE KELLERMAN, 34, PORTLAND, OR;  
MARKETING DIRECTOR; TWO CHILDREN, 5 AND 3

**“When I was at CNN, I was asked to moderate one of the presidential primary debates between Barack Obama and Hillary Clinton in Austin, TX.**

My first child, Eli, who was just 8 weeks old, was back home in New York with my husband. I was still breast-feeding, so I had to pump every three hours. My plan was to pump right before we went live, so I frantically had to find a place with some privacy, because Secret Service agents were everywhere. I literally had to sit down on the floor of a closet, minutes before the debate, to pump. Then I begged an intern to run my breast milk back to my hotel room and stick it in the mini-fridge so I could FedEx it home to my husband that night. As I raced to my seat, all I could think was, *Please, God, over the next three hours, do not let my boobs explode.*

Fortunately, they didn’t! But after that night, I stopped trying to type-A my life as a mother the way I did my job. I still pumped and I gave my kid breast milk, but when I didn’t get home in time, I realized that giving him formula didn’t make me a bad mother. I became way more Zen and started having fun. You just have to realize it’s very much an imperfect science.” —CAMPBELL BROWN, 43, JOURNALIST; TWO CHILDREN, 3 AND 2

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## “I JUST NEED TO CLOSE MY EYES FOR A SECOND...”

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**“My kiddo suffered from acid reflux and never slept more than an hour and a half straight for the first three months.** Between that and recovering from a C-section, I was anything but rested when I went back to work full-time after 12 weeks. I will confess straight up that I fell asleep in a client meeting—sitting next to our CEO. When I was startled awake, I said, ‘I haven’t slept in a few days, I’m very sorry.’ Being honest is the best thing you can do, and everyone understood. The message for me is the same one we *all* need to hear: You have to take care of yourself, too.” —BETH BADER, 45, KANSAS CITY, MO; DIGITAL DIRECTOR OF USER EXPERIENCE AND COAUTHOR OF *THE CLEANER PLATE CLUB*; ONE CHILD, 6

**“About 15 years ago, I was overworked and overtired. I was taking evening classes to become an aerobics instructor while juggling my shifts as a nurse.** One night, it was superhot in our house, so after I put my three preschool-aged kids to bed, I went to rest in the basement where it was cooler. I’m a light sleeper, so I figured I’d hear the kids if they needed me. Well, they woke up, couldn’t find me, and cried until the neighbors came over and looked after them for three hours. My husband got home and found me sleeping like a log. Turned out, I had pneumonia. Obviously my body was giving me signs that I was exhausted, and I had flat-out ignored them. It was a huge, life-changing lesson.” —STEPHANIE STAPLES, 45, MANITOBA, CANADA; LIFE COACH; THREE CHILDREN, 21, 20, AND 18

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## WHAT, YOUR KID DIDN’T COME WITH A MUTE BUTTON?

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**“I started my restaurant PR firm when my daughter was a few months old.** As she grew—and my business grew—I found myself on long pitch calls with editors in New York. I couldn’t afford a sitter, and I had to do something to keep her quiet, so in a pinch I bought a can of whipped cream and squirted it into her mouth every time she attempted to make a sound. Crazy, yes, but it worked!” —KATE LACROIX, 37, BOULDER, CO; OWNER OF DISH PUBLICITY; ONE CHILD, 7

**“Four years ago, I had an important conference call regarding a big press event. I work from home, and just as I got on the call, one child woke up from his nap and the other had run to the potty.**

I managed to pull the napper out of his crib and get him set up with some snacks in his high chair. But the other one was, well, pottyting. When I heard him say, ‘I need a wipe,’ I started to panic, so I took the call off speakerphone and hid just outside the front door. As I was going through my pitch, I heard the mail slot creak open and he yelled, ‘MOMMY, CAN YOU WIPE MY BUTT?’” —JULIE IMREK KUENSTLE, 43, BELLAIRE, TX; FREELANCE PUBLICIST; THREE CHILDREN, 10, 7, AND 5





Don't jump! Trust us, it gets better.

#### ON-THE-JOB MOMS CONFESS

REDBOOK teamed up with Yahoo! for an exclusive poll of 722 working moms. And the results say... you're stressed. But happy!

##### WHAT'S MOST IMPORTANT TO YOU IN A JOB?

- Having a flexible schedule... **48%**
- Enjoying what I do... **32%**
- Increasing my income and advancing my career... **16%**
- Getting recognized by my boss and peers... **4%**

##### DESPITE ITS STRESSES, WORK MAKES ME A HAPPIER PERSON.

- Agree... **76%**
- Disagree... **24%**

##### DO YOU THINK THERE REALLY IS SUCH A THING AS A "WORK-LIFE BALANCE"?

- Yes, but very few people can actually achieve it... **43%**
- Yes, I find it's possible to juggle both without too much trouble... **30%**
- No, but I used to think so before I had kids... **15%**
- No, and whoever invented that term is an idiot... **12%**

##### WHICH OF THESE THINGS HAS CAUSED YOU SERIOUS STRESS?

- Not being with my child during the day when he/she is sick... **66%**
- Arriving late at work (or for a meeting) because of my kids... **59%**
- Not being able to attend school events or special events for my kids... **55%**
- Dealing with child care... **55%**
- Running late for my kids' events because of work... **52%**

##### DO YOU EVER FEEL JUDGED FOR YOUR CHOICES?

- Others don't judge me, but I'm harsh on myself... **34%**
- Yes, mostly by other moms... **20%**
- Yes, mostly by my coworkers and boss... **12%**
- Yes, mostly by my family... **9%**
- No, thank goodness... **25%**





# work outfits

every woman needs

Clothes may not make the woman, but they can make a boss want to promote her. These looks will get you through every conceivable job challenge, stylishly. Photographed by Colette de Barros

HAIR: NOAH HATTON FOR CUTLER/REDKEN. MAKEUP: ELISA FLOWERS FOR DIOR BEAUTY AT BA-REPS.COM. PROP STYLIST: SARA FOLDENAUER FOR KATE RYAN.



### **A SHOWSTOPPING DRESS-AND-JACKET COMBINATION**

Your savior when you've got a major meeting: a gorgeous print dress sleekened by a snappy, all-eyes-here blazer.

Dress, H&M Conscious Collection, \$80. Blazer, Strenesse Gabriele Strehle, \$740. Belt, Raina Belts, \$105. Earrings, Lenora Dame, \$40.

### **A COAT THAT'S ALL BUSINESS**

Yeah, your coworkers can see you in the parking lot too. Look elegant *all* the way to your desk in a classic, slim-cut coat.

Coat, Reiss, \$520. Dress, Eva Franco, \$295. Necklace, Jones NY, \$55. Bag, Kate Spade New York, \$395.





**A LOW-KEY (BUT  
SHARP) PANTS LOOK**

For days or jobs that let you be a bit more laid-back, stay polished in black pants, a fancy-detailed sweater, and stripes with the eensiest bit of attitude.

Top, Loft, \$36.50. Cardigan, Magaschoni, \$325. Belt, Gap, \$29.95. Pants, Joe's, \$178. Ring, Lia Sophia, \$52. Watch, Citizen, \$250. Bracelet, Rachel Reinhardt, \$85. Oxfords, Attilio Giusti Leombruni, \$380.

**THE ICONIC  
PENCIL SKIRT—  
WITH A TWIST**

Think of this outfit as your office BFF: The shapes are snappy and trend-proof; the colors and the chunky necklace telegraph high style. Skirt, Talbots, \$159. Shirt, Uniqlo, \$29.90. Necklace, Julie Collection, \$345. Glasses, Eyebobs, \$75. Ring, Anna Beck, \$173. Watch, Citizen, \$165. Bangle, Skinny by Jessica Elliot, \$30. Shoes, Dana Davis, \$395.







**AN EASY DRESS  
WITH KILLER  
ACCESSORIES**

The antidote to a morning that's gone sideways: a fuss-free dress in uplifting red, paired with rich-looking shoes and a bag you'll love forever.

Dress, Diane von Furstenberg, \$385. Necklace and bracelets, Pono by Joan Goodman, \$95 to \$215. Shoes, Coach, \$228. Bag, Brahmin, \$345.

### A NON-SUITY SUIT

Matching pieces still have their place (just ask HR), but this ladylike jacket, bright top, and knee-length skirt work together seamlessly *and* say, "Gimme that job."

Top, Kate Spade New York, \$225. Blazer, L.K.Bennett, \$545. Skirt, Magaschoni, \$248. Earrings, AmaraGold, \$170. Necklace, Anna Beck, \$184. Ring, Heather Belle, \$45. Bag, Danielle Nicole, \$128. Shoes, Raoul, \$265.





## A DRESS TO TAKE TO THE OFFICE PARTY

Simple yet still interesting, this sheath can spend the day peeking out from a cardi, then come out to play at night—just add sparkly jewelry and stilettos.

Dress, David Meister, \$355. Earrings, Carolee Lux, \$55. Bracelets, Send the Trend, \$29.95 (top), Lia Sophia, \$130 (bottom). Clutch, FeNa, \$237. Shoes, L.K.Bennett, \$345.





### JEANS THAT ARE PROFESSIONAL

Solve the casual-Friday conundrum with inky trouser-style jeans, a silky top, and a crisp (but fun!) jacket.

Jeans, MiH Jeans, \$189.

Top, Express, \$49.90.

Jacket, L.L.Bean  
Signature, \$199.

Necklace, Rebecca,  
\$495. Bracelet, Julie  
Collection, \$165. Shoes,  
Tory Burch, \$375.

Fashion editor:

Audrey Slater.

See shopping guide,  
last pages, for details.

 The best thing about these clothes? They'll work for you. See how to recombine them for 15 more days of great outfits at [redbookmag.com/moreworkoutfits](http://redbookmag.com/moreworkoutfits).



# MARRIAGE,

Ever thought of running your relationship like a business? It *works*. These 5 strategies will transform a shaky partnership into a Fortune 500 lovefest.

**m**

y husband, Joe, loves business books. They line our bookshelves and sit in stacks on his nightstand, some with violent-sounding names (e.g., *Guerilla Marketing*, *Swim With the Sharks Without Being Eaten Alive*, and *Rules for Revolutionaries*) that make me really glad I work for myself, at home, where it's safe.

I've never cracked a single one of them. But recently, when Joe was talking my ear off about the ideas in Daniel H. Pink's *Drive*, it occurred to me that running a company is a lot like managing a marriage. You have to budget, delegate, motivate, and reward. You have to stock the supply room (with everything from beer and good coffee to nice sheets and sexy lingerie) and deal with the depreciation of, um, assets. You must coordinate vacation schedules, allocate resources, outline the division of labor, and agree on whether to fire insubordinate underlings. (Just joking about that last one, kids!)

I decided to test my theory, so I asked a bunch of top management experts what business strategies they would apply to relationships. Then I tried them out on an unsuspecting Joe, and enlisted some game girlfriends to do the same. After hearing—and living—the results, I'm a fervent believer in these best practices for happy couples. See for yourself...



# INC.



## PRINCIPLE #1 Know your VIPs.

We all have things that bug us about our partners, but how much do they really matter? Bonnie Bruderer, founder and CEO of VISS, a leadership training organization with big-deal clients like Visa and Wells Fargo, suggests making a list of the top five things you need from your spouse—listening, compassion, earlobe nibbling, whatever. She calls this your “VIP” (Very Important Principles) list, and says that writing them down creates a handy guidebook for your husband. “At work, you need to be told what is expected of you and you have performance reviews to evaluate whether you’re meeting those expectations,” explains Bruderer, who helps her managerial clients clearly lay out their VIPs for employees. Approach your marriage this way and you might realize that his leaving off the toothpaste cap isn’t a big deal because it doesn’t violate one of your VIPs. Or maybe it is, and it does, but your partner has no idea you care so much.

**CASE STUDY:** Marta has been married to Daniel, “the love of her life,” for 12 years. Eighteen months ago, the couple uprooted from Colorado to Hawaii. Marta admits that starting over in a new place, with two new careers to boot, has been challenging for their relationship, which she summarizes as “strong with

room for improvement.” So she drew up this VIP list: 1. Remember scheduled events. 2. Be engaged in the conversation. 3. Work as a team. 4. Laugh/play often. 5. Treat me nicely. “When I told Daniel there were some things I wanted him to work on, he stopped what he was doing and listened to me,” says Marta. “Then I handed him my list and he laughed and said, ‘Well, I just did numbers two and four!’” In that moment, Marta realized Daniel was right: His humor never failed to lighten things up, and she’d been getting one thing she wanted all along.

Marta was annoyed when she found the list on the floor later that day, but quickly realized that Daniel had paid attention: “I saw a difference in him almost immediately,” she says, explaining that her husband was unusually tuned in to her. The big test came the day Daniel realized he’d scheduled a repairman to come to the house at the very time Marta had to be somewhere else. Without her nudging, Daniel rearranged his schedule to deal with the conflict. Marta was floored. “He’s basically been doing everything on my list since I gave it to him,” she says, adding that just this week, when she mentioned she was feeling anxious about finances, she came home to find a Post-it note reading “I ♥ you” on the bathroom mirror—then another in the bedroom, inside her laptop, on the page of a book she was reading,



and one on the water pitcher *in the refrigerator*. “Since he couldn’t do what he usually does to make me feel better—buy me stuff I want—he wrote love notes. It made me realize that even though money is tight right now, I have everything I need,” Marta says. “The exercise also helped me see that if I just have faith in the smart man I married, everything will work out. Still, I can’t believe I spent years fighting to get these things, and all I had to do was write them down!”

## 🐼 **PRINCIPLE #2** Think four-to-one.

If you want someone to change their behavior, focus on the positives, says Scott Blanchard, executive vice president at the Ken Blanchard Companies, a top leadership development firm. (His dad, Ken, cowrote the classic biz book *The One Minute Manager*.) “Harping on bad behavior might cause someone to comply out of fear, but they won’t thrive,” he says. The “magic formula,” according to Blanchard, is to deliver four positive messages for every negative one. “I find that when I do this in my work and in my marriage, everyone is happier.”

**CASE STUDY:** Amanda knows that her sex drive is stronger than her husband John’s, but her emotions get the best of her when he’s not up for intimacy. “When I get denied, I feel rejected and negative, so I act negative,” she admits. “I say kind of awful things, like, ‘Something must be wrong with you.’” Amanda feared she was seriously damaging her marriage, so she agreed to test-drive the 4:1 approach. “When he said he wasn’t in the mood, I ignored my impulse to complain and instead asked if there was anything I could do for him” (positive one). John rattled off a long list of exhausting stressors, and Amanda realized he just needed to vent—so she let him (positive two). “I think just getting all of that off his chest made the idea of sex way more appealing,” says Amanda, who didn’t stop there. Positives three and four involved a little arm-stroking and dirty talk, after which he initiated sex, which Amanda raves “was wonderful; he was relaxed, focused, and confident.” In fact, it was “so good that he brought it up the next day, saying it was in our top 10.” Since that night, she’s become committed to shining a more positive light

on all of their interactions and to really listening when he tells her what he needs. “I wasn’t just negative in the bedroom. Saying hurtful things was my knee-jerk reaction whenever I didn’t like something,” Amanda says. “This approach takes enormous discipline for me, but it’s definitely worth it.”

## 🐼 **PRINCIPLE #3** Don’t send your duck to eagle school.

Nobody would say that a duck is better than an eagle, or vice versa; they are simply different creatures. Each has his own talents, but neither could do the other’s job well, explains Frank McNair in his book *The Golden Rules for Managers*. Similarly, effective managers help employees identify their gifts and then match them with jobs they’ll excel at. The same idea applies in relationships: Don’t expect a Nurse Ratched type to coddle you when you have the flu, or ask a shopaholic to handle the budget—unless your favorite pastimes are head-banging and hair-pulling.

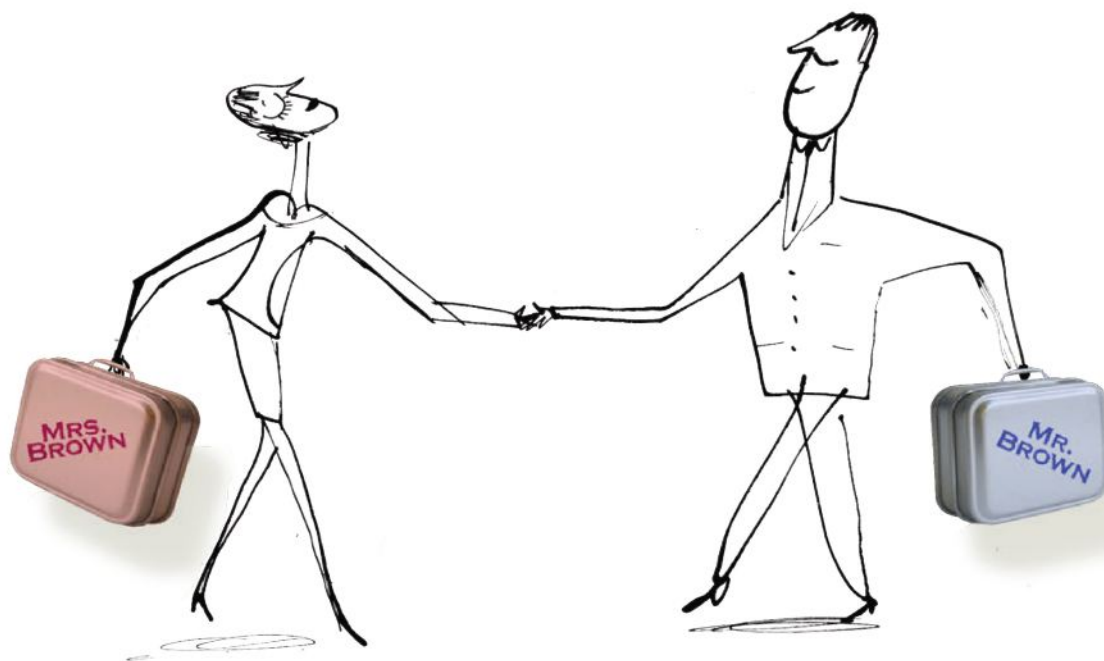
**CASE STUDY:** Recently Joe noticed that our hectic morning schedule often left me frazzled, and offered to help out more. I asked him to start making the bed, which he did with no complaints, but his inability to get it right (i.e., achieve my preferred throw-pillow configuration) meant I wound up remaking it every time. After pondering McNair’s point, I thanked Joe for his efforts and suggested that he pack the kids’ lunches instead. (The man makes a mean sandwich.) Our mornings instantly got calmer, and he’s obviously much happier on PB&J duty. But more importantly, I realized that I am forever trying to get Joe to do things he doesn’t enjoy and may not even be good at. For instance, he’s a cut-to-the-chase guy, and I’m a storyteller. Instead of relishing every detail of my long-winded tales, he looks at me as if to say, “Get to the point already.” I can’t help feeling like maybe he doesn’t really care, even though I know that’s not true. Here and now, I’m making a mental promise to appreciate him for who he is: a guy who may not want to rehash, *ad infinitum*, the reasons I’m feeling so much stress, but who is committed to doing anything else he can to help lessen it. If I really need to vent, I’ll call a friend.

## 🐼 **PRINCIPLE #4** Conduct a 360-degree review of your relationship.

A 360-degree review uses evaluations from a variety of sources—such as coworkers and clients, not just a supervisor—to assess an employee’s performance. “Bosses learn things they wouldn’t otherwise,” says Lynda Zuec, managing director of the Workforce Consultants, an international HR consulting firm. Getting

“I can’t believe I spent years fighting to get things, and all I had to do was write them down!”





You'd get fired if you put zero effort into your job. In marriage, that's called divorce—yikes.

some outside perspective on your marriage can be just as beneficial, she says, because sometimes you're more open to receiving constructive criticism from close friends and family than you are from each other. (But don't include your mother if she refers to your husband as That Guy You Live With.)

**CASE STUDY:** Karen and Brandon have been married for eight years and have two young kids, with a third on the way. The couple's main issue right now is whether it makes sense for Karen to stay home after the baby is born or go back to work and pay for day care. "We're both pretty stubborn, but I feel like I give in more than Brandon does," Karen says. Karen and Brandon asked five close friends and family members (including Brandon's parents) to rate their marriage on a scale from one to five in the following areas: communication, shared goals, trust, alignment of personal views, and general outlook on life. When the results rolled in, Karen was surprised to see that she and Brandon had scored themselves lowest. "It was fours and fives across the board from everyone else, but we'd given ourselves a couple of threes. I think they were afraid to hurt our feelings." Plus, she noticed that her and Brandon's scores were the most in sync—including a mutually so-so score for communication. "We knew we needed to work on that, but this made it obvious that it should be priority number one," she says. Since then, the couple has made a date

to sit down and brainstorm ways to improve their communication, and hope that will help resolve their work-or-stay-home issue. Karen and Brian are also committed to doing an annual marriage review, but since the scores they gave themselves had the most impact this time, next year's will be just between the two of them. "I think doing this will keep us on the same page and working toward the same goals," Karen says.

## PRINCIPLE #5 Win the client.

You're an ad exec vying for a billion-dollar client's new campaign. Do you show up and wing it? Of course not. You stay up late for weeks doing research, watching videos, and taking notes. Why? Because you want that client to love you. Julie Spira, a former tech exec turned business speaker and entrepreneur, suggests that couples treat each other like important clients by taking turns planning a date night each week. "I'm not talking plane tickets to Paris," she insists. "But the idea is that your partner doesn't have to do anything but show up." Get tickets for a concert or visit a museum one week; try a new restaurant or play tennis the next. "You'd get fired if you put zero effort into your job," Spira adds. In marriage, that's called divorce—yikes.

**CASE STUDY:** With the exception of my sometimes announcing what kind of food I'm craving, my husband plans our dates. I've never given this much thought—or acknowledgement. Not this time. After checking Joe's calendar to make sure he was free, I booked a sitter and made a dinner reservation at his favorite Italian place. (That one phone call made me realize how often we go out for my favorite, Thai.) Then, because Joe is a huge movie fan, even though I'm really not, I checked the listings and found something I thought I could stay awake through. When I told him the plan, Joe grinned. "Wow, what did I do right today?" he asked sincerely, which actually made me feel a little bit horrible. With less than 10 minutes' effort, I'd made my husband feel cherished and appreciated—and excited to return the favor. Which leads me to the most important lesson I learned during this experiment: Yes, a successful marriage takes work, but the dividends are priceless. ®

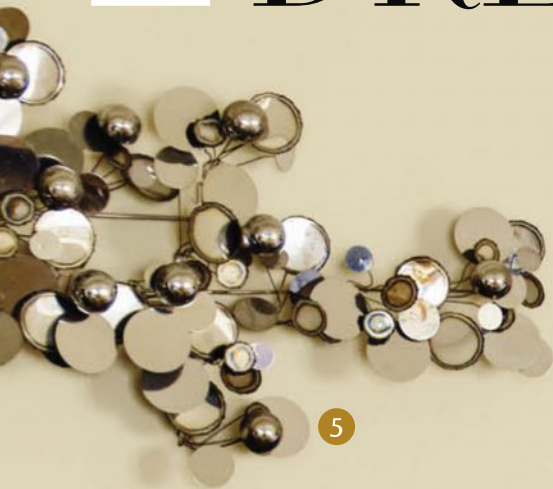
The "magic formula" is to deliver four positive messages for every negative one.





# 1 DREAM ROOM

"I like bedrooms to be simple and calm," says designer Katie Ridder, whose own bedroom, pictured here, appears in the new book *Katie Ridder Rooms*. We say: She nailed it!



## Designer tips

- 1 Call out architectural details with a stripe of paint. It's simple: Position two pieces of tape so there's a space between them (keep the same width for all walls) and stroke your brush down the middle.
- 2 Love a certain fabric? Use it for the shades and to cover an old chair. "In this case, I couldn't get enough," says Ridder.
- 3 Don't limit yourself to buying sheets in sets. Mixing patterns and textures lets you create a unique look.
- 4 There's enough color in the details, so anchor the room with a neutral rug. It'll let everything else pop.
- 5 Go ahead, get a little mod! A wall sculpture like this one adds space-age chic to the otherwise traditional fireplace, paintings, and rustic basket.



# 19 REAL IDEAS

This is what bedroom fantasies are really made of: gorgeous colors, lush patterns, and tropical accents. But the best part is, you can have it all for less.



Get this  
chic look,  
no sticker  
shock!



# DREAM ROOM



Mix your moods! **Funky** pieces of **coral**, leafy fabrics, and a sleek sculpture give a **comfy** space some quirkiness.

**6 Vintage-y bedside tables** add a delicate touch. Dessau Home antique gold bamboo table, \$281; bellacor.com. **7 These little red dots** look so cute folded over your comforter. Chelsea Berry queen sheet set, \$225; blisslivinghome.com. **8 Tuck your bedding** around your mattress to show off the fancy velvet upholstery of this bed. Shirred headboard queen bed, \$600; lampsplus.com. **9 How to dress up a lamp:** Just add a shell finial. Easier than screwing in a lightbulb! Rose Pecten sea shell finial, \$12.99; lampsusa.com. **10 Brass wall sconces** open up space on your bedside tables. Chelsea swing-arm sconce & shade, \$99; potterybarn.com. **11 A fan of coral** is cheaper than typical art and brings out the room's accent color. (It's also harvested according to ecological guidelines, so no guilt!) Natural sea fan, \$22; seasideinspired.com. **12 Put a big basket** to work storing firewood, slippers, or magazines. Provence market basket, \$35; ballarddesigns.com. **15 Look like you spent hours antiquing** with this (new) framed print. *Le Port De L'Orient*, 1890 framed print by Henry Moret, \$150; art.com. **14 Use a pretty fabric** for your shades to give your room an extra hit of pattern. This one's made to withstand sunlight. Smart! P Kaufmann indoor/outdoor fabric in Hip Floral Sorbet, \$10.98 per yard; fabric.com. **15 The Suzani design** on this pillow cover is gorgeous *and* exotic. Suzani cushion cover #SP179, \$39.60; uzbek-craft.com. **16 The perfect seat** to read a book in peace (though you might need to lock the door first). Demi stationary occasional chair, starting at \$529; la-z-boy.com. **17 Hang bracelets, watches, and anything else** on this little guy. Gold poly coral, \$20; jamaligarden.com. **18 These boxes only look like the classics:** You can stash stuff in 'em! Two-stack book boxes, \$44; wisteria.com. **19 No fireplace?** Mount this cool sculpture over a dresser or shelf. Capiz Shell metal wall art, \$69; homedecorators.com.

TABLES, FINIAL, METAL WALL ART, CORAL: PHOTOGRAPHED BY PHILIP FRIEDMAN/STUDIO D. OTHER PRODUCTS: COURTESY OF MANUFACTURERS.



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# GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE

Paula Deen's  
classic roast turkey  
with pan gravy

Carla Hall's turkey  
sausage and  
cornbread dressing

Tom Colicchio's  
Brussels sprout  
leaves with bacon

The Neelys'  
cranberry  
chipotle relish

## Celebrity chefs plan *your* Thanksgiving

All-star chefs gave us their sacred Turkey Day recipes—the dishes their families demand every year (or else... an uprising!). Plus: Three-ingredient dinners. ● Skinny snacks. ● Low-cal apple crumble.

Photographed by Hector Sanchez



## Bryan and Michael Voltaggio's sausage and cheddar puffs

Prep time: 10 minutes  
Cook time: 20 minutes

- 3 cups pancake mix (such as Bisquick)
- 1 lb bulk (not in casing) breakfast sausage, crumbled
- 1 cup shredded sharp cheddar cheese
- 3 Tbsp unsalted butter, melted
- 2 tsp chopped fresh sage

1. Heat oven to 400°F. Line a large baking sheet with parchment paper.

2. Combine all ingredients in the bowl of a stand mixer with a paddle attachment or beaters (or use a handheld mixer). Mix on medium-low speed until sausage and cheese are blended into the baking mix and form a moist paste.

3. Shape heaping tablespoonfuls into 1½-inch balls; you'll end up with 34. (Puffs can be made to this point a day ahead; just cover and refrigerate.) Place balls evenly spaced on



*"These bites have been part of our holiday gatherings since I was a young kid. They're a great snack after the Thanksgiving Day football game."*

—Bryan (above, left)

*"We looked forward to holidays because of this treat. A few simple ingredients and Mom is a hero!"* —Michael

TOP CHEF SEASON 6  
FINALISTS (MICHAEL WON!)

prepared baking sheet and bake 20 minutes or until puffed and golden brown. Let cool on baking sheet on a wire rack for 5 minutes. Serve warm.

Makes 34 puffs.



## Emeril Lagasse's creamy turnip and parsnip soup

Prep time: 25 minutes  
Cook time: 33 minutes

### Soup

- 2 Tbsp unsalted butter
- 1½ cups peeled, diced parsnips
- 1¼ cups diced onion
- ¼ cup diced celery
- 1 tsp chopped garlic
- 6 fresh thyme sprigs, tied together in a bundle
- 2 lbs turnips, peeled, diced
- 3 cups low-sodium chicken stock
- 1 cup low-sodium vegetable stock

- 1¼ tsp kosher salt
- ¾ tsp freshly ground black pepper

- ½ cup heavy cream

### Parsnip chips

- 3 parsnips (about ½ lb)
- 1½ Tbsp olive oil
- ½ tsp coarse sea salt
- Chopped fresh chives, for garnish

1. Heat oven to 300°F. Line a baking sheet with parchment paper.

2. **Soup:** Melt butter in a saucepan over medium-high heat; add parsnips, onion, and celery. Cook 5 minutes, until lightly caramelized around edges. Add garlic and thyme and cook, stirring, 2 minutes.

3. Add turnips, stocks, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer 25 minutes, until turnips are tender.

4. **Parsnip chips:** While soup is simmering, use a vegetable peeler

to peel parsnips lengthwise into long, paper-thin ribbons. Place ribbons into a bowl and toss with olive oil and sea salt. Lay ribbons on prepared baking sheet in an even layer. Bake 20 minutes or until parsnips are crispy and golden brown.

5. Remove thyme bundle from soup and stir in cream. Using an immersion blender, puree soup until smooth (or puree in batches in a blender or food processor). Ladle into serving bowls. Garnish each bowl with chives and parsnip chips.

Makes 8 servings.



*"This sweet yet earthy soup can be prepared several days in advance and quickly reheated just before serving—which gives you the freedom to focus on the larger items on the big day."* —Emeril

STAR OF EMERIL'S TABLE ON  
HALLMARK CHANNEL



## Paula Deen's classic roast turkey with pan gravy

Prep time: 40 minutes  
Cook time: 4 hours

### Turkey broth

Neck and giblets from turkey (liver discarded)

- 4 cups low-sodium chicken broth
- 1 large yellow onion, chopped

### Turkey

- 1 fresh or frozen turkey (about 16 lb), thawed if frozen
- 3 tsp kosher salt

- 2 tsp ground pepper
- 1 onion, quartered
- 1 head of garlic, halved crosswise
- 10 sprigs fresh sage
- 1/2 cup (1 stick) unsalted butter, melted

**1. Turkey broth:** In a saucepan, combine turkey neck, giblets, broth, and onion. Bring to a boil, reduce heat to low, partially cover, and simmer 1 hour. Strain broth into a bowl. Discard neck, giblets, and onion. Cover broth and reserve for pan gravy.

**2. Turkey:** Heat oven to 325°F. Rinse turkey; pat dry. Season cavity with 1 tsp each of the salt and pepper and the exterior with 2 tsp salt and 1 tsp pepper. Stuff onion, garlic, and sage sprigs into cavity. Place turkey, breast side up, in a large, heavy nonstick roasting pan. Tie legs together and twist wing tips under the back. Insert a meat thermometer into the center of one thigh, next to the body, avoiding any bone. Brush turkey with 1/4 cup of the butter.

Add 1 cup water to roasting pan.

**3.** Loosely tent turkey with heavy-duty foil. Roast 3½ to 4 hours, basting turkey every 45 minutes with pan juices and remaining 1/4 cup melted butter. Remove foil after 3 hours. Turkey is fully cooked when thermometer hits 170°F.

**4.** Transfer turkey to a carving board. Tent it loosely with foil and let rest 45 minutes. Pour fat and drippings from roasting pan into a measuring cup. Spoon off and reserve 1/4 cup



*"I love making this traditional recipe for the holiday. It takes me right back to every Thanksgiving table I ever sat at, from my Grandma Paul's to the little turkeys I roasted when we were a small family of three, just me and my boys."* —Paula

HOST OF PAULA'S HOME COOKING ON FOOD NETWORK

turkey fat for pan gravy. Spoon off and discard remaining fat from drippings. Reserve drippings for pan gravy.

*Makes 8 servings (with lots of leftovers).*

**Pan gravy:** Place roasting pan on two stove burners over medium-high heat. Add reserved turkey fat and whisk in 1/4 cup flour. Cook, whisking until smooth, 1 minute. Slowly whisk in reserved turkey broth; simmer 5 minutes, until thickened. Whisk in reserved pan drippings and any accumulated juices from turkey. Strain into a gravy server.

*Makes 3½ cups gravy.*





## Patrick and Gina Neely's cranberry chipotle relish

Prep time: 5 minutes

Cook time: 20 minutes

- 2 Tbsp unsalted butter
- 1 small shallot, finely chopped
- ¼ tsp kosher salt
- 4 cups (1 lb) fresh cranberries
- 1 cup golden raisins
- ½ cup each orange juice and water
- 1 cup granulated sugar
- 1 small chipotle chile in adobo, seeded, minced

1. Melt butter in a medium saucepan over medium heat until it foams. Add shallot and salt and sauté until soft, about 2 minutes.

2. Stir in remaining ingredients and bring mixture to a boil. Reduce heat to low and simmer, stirring occasionally, until cranberries pop and mixture thickens slightly, 12 to 15

minutes. Let cool to room temperature. Refrigerate for at least 1 hour (or up to 3 days) before serving.

Makes 3½ cups.



*"We've taken two classic ingredients—cranberry and orange—and added a hint of chipotle. Guests love it!" —Gina*

*"Everything can be improved with just a touch of spice." —Pat*

COHOSTS OF *DOWN HOME WITH THE NEELYS* ON FOOD NETWORK

## Guy Fieri's black-eyed basmati salad

Prep time: 15 minutes

Cook time: 15 minutes

- ½ cup basmati rice
- 1 cup water
- 1 tsp minced garlic
- ¼ cup apple cider vinegar
- 3 Tbsp whole-grain Dijon mustard
- 2 Tbsp extra-virgin olive oil
- 1 Tbsp each honey, minced shallot, and chopped cilantro
- 1 (15½-oz) can black-eyed peas, rinsed, drained
- ½ cup diced red bell pepper
- ⅓ cup pimiento-stuffed Spanish olives, sliced

- ¼ cup diced red onion
- 1 tsp ground black pepper

1. In a small saucepan, combine rice, water, and garlic. Bring to a boil, cover pan, and simmer on low for 15 minutes or until water is absorbed and rice is just tender. Let cool. Fluff with a fork.

2. In a large bowl, whisk vinegar, mustard, oil, honey, shallot, and cilantro until combined. Add rice and remaining ingredients, and toss until evenly dressed. Salad can be refrigerated up to 2 hours before serving.

Makes 8 servings.



*"I like to get something lighter into Thanksgiving, and the bright acids of this salad wake up the palate. I'm used to cooking for my mom, dad, and sister, who was a vegetarian [she passed away in February], so I want to make something everyone can enjoy." —Guy*

HOST OF *DINERS, DRIVE-INS AND DIVES* ON FOOD NETWORK







measure (or another bowl), whisk 3 large eggs, 1 cup sour cream, 1 (8¼-oz) can cream-style corn, and ½ cup canola oil until blended; pour over cornmeal mixture and mix until smooth. Carefully remove hot skillet from oven. Add 1 Tbsp canola oil to skillet, swirling pan to coat. Pour batter into skillet. Bake 20 to 25 minutes, until a toothpick inserted in the center comes out clean and cornbread is golden. Cool 10 minutes in pan; invert onto a wire rack and cool completely. Cut cornbread into ½-inch cubes. Spread cubes on a baking sheet. (Cornbread can be made a day ahead; store uncovered at room temperature.)

*Makes 8 cups.*

## Carla Hall's turkey sausage and cornbread dressing

*Prep time: 30 minutes  
(not including making cornbread)*

*Cook time: 45 minutes*

- ¾ cup dried cranberries
- ¼ cup (½ stick) unsalted butter
- 2 cups diced onion
- 1 cup diced celery
- 2 tsp chopped fresh thyme leaves
- 1 tsp poultry seasoning
- 1 (20-oz) pkg sweet Italian turkey sausage, casings removed, crumbled

- 8 cups day-old cornbread, chopped into ¾-inch cubes (recipe follows)
- 1 tsp kosher salt
- ½ tsp black pepper
- 2 large eggs, slightly beaten
- 1½ cups chicken stock
- 1 cup heavy cream

1. Heat oven to 350°F. Grease a 13x9-inch baking dish. Soak cranberries in 1 cup hot water to rehydrate.
2. Melt butter in a large skillet over medium heat. Add onion, celery, and thyme. Sauté until softened and lightly

caramelized, about 10 minutes; season with poultry seasoning. Transfer mixture to a large bowl.

3. Cook sausage in the same skillet, breaking up clumps with a wooden spoon, about 8 minutes, until lightly browned. Add sausage to vegetables in bowl. Drain cranberries and add to bowl along with cornbread, salt, and pepper. Toss to combine.

4. In a separate bowl, whisk together eggs, stock, and cream. Pour into cornbread mixture

and stir until evenly moistened. Spoon into prepared baking dish and cover with foil. Bake 30 minutes; remove foil and continue to bake 15 minutes or until stuffing is hot, browned, and slightly crisp on top.

*Makes 8 servings.*

### Carla's cornbread

Place a 9-inch cast-iron skillet in oven; heat oven to 425°F. In a medium bowl, combine 2 cups yellow cornmeal, 2 Tbsp sugar, 4 tsp baking powder, and ½ tsp salt. In a 4-cup glass



*"My family loves side dishes, so this dressing usually ends up on the center of our plates, with the turkey on the side!" —Carla*

**TOP CHEF SEASON 5  
FINALIST AND COHOST  
OF THE CHEW ON ABC**



# ALL-STAR THANKSGIVING



## Ellie Krieger's sweet potato casserole with meringue topping

Prep time: 25 minutes

Cook time: 60 minutes

- 3½ lb sweet potatoes,  
peeled, cut into 1-inch  
chunks
- ⅓ cup honey
- 1 large egg, slightly  
beaten
- ½ tsp each ground  
cinnamon and salt
- ¼ tsp ground nutmeg
- 2 large egg whites
- ¼ tsp cream of tartar
- ¼ cup superfine sugar

1. Heat oven to 350°F. Coat an 8x8-inch baking dish with cooking spray. Fill a large pot with 3 inches water; insert a large steamer basket into pot and top with sweet potatoes. Bring to a boil; cover pot and steam potatoes 14 to 16 minutes, until fork tender.

2. Transfer potatoes to a

large bowl and cool slightly. Add honey, egg, cinnamon, salt, and nutmeg to bowl. Mash with a potato masher or beat with a handheld electric mixer until mixture is smooth. Spread into prepared dish and bake 30 minutes or until potatoes are hot.

3. Meanwhile, in a small bowl with an electric mixer, beat egg whites and cream of tartar until foamy. Add sugar 1 Tbsp at a time, beating for about 10 seconds between additions. Continue to beat 4 to 5 minutes until stiff peaks form and meringue is smooth and glossy.

4. Remove sweet potatoes from oven and place on a heat-proof surface. Using a spatula, swirl meringue over hot sweet potatoes to cover completely. Return baking dish to oven and bake 12 to 15 minutes longer or until meringue is set and lightly browned in spots.

Makes 8 servings.



*"My whole family oohs and aahs over this casserole because it looks so gorgeous with the poofed meringue peaks. I am always tickled that everyone requests it each year. And it has a third of the calories of your run-of-the-mill sweet potato casserole."*

—Ellie

HOST OF HEALTHY APPETITE  
WITH ELLIE KRIEGER ON  
FOOD NETWORK

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## Pork Roast with Sweet Potatoes, Pears & Rosemary

### INGREDIENTS

- 3 1/2 lb. bone-in, center cut loin roast, excess fat trimmed
- 1 tbsp. olive oil
- 1 tbsp. chopped fresh rosemary, plus more for serving (or 1 tsp. dried rosemary)
- Salt and fresh ground black pepper
- 2 1/2 lbs. (6 medium) sweet potatoes, peeled, cut lengthwise into sixths
- 3 firm/ripe Bosc pears, cut lengthwise into quarters, cored
- 12 oz. bottle hard cider\*

### DIRECTIONS

Preheat oven to 450°F. Rub pork with oil. Mix rosemary, 3/4 tsp. salt and 1/2 tsp. pepper in bowl. Rub mixture over pork.

Place pork, bone side down, in large roasting pan. Roast 15 min. Reduce oven to 350°F. Roast 15 min. Add sweet potatoes and pears to pan, stir gently to coat with pan juices, spread evenly around roast. Season with salt and pepper. Roast, occasionally stirring sweet potato mixture, until thermometer inserted in center of roast reads 145°F and potatoes and pears are tender, about 1 hour. Transfer pork to carving board. Place sweet potato mixture in ovenproof bowl, tent with aluminum foil, and keep warm in turned-off oven. Let pork stand 10-15 min.

Heat roasting pan over high heat. Add cider, bring to boil, scrape up browned bits in pan with wooden spoon; boil until reduced to 3/4 c., about 5 min. Pour into sauceboat.

Carve pork. Transfer to serving platter, surround with sweet potato mixture, drizzle with 3 tbsp. cider sauce, sprinkle with rosemary. Serve with remaining sauce on the side.

\*Substitute 1 c. apple juice and 1/2 c. dry vermouth for hard cider, or use all apple juice.

Serves 12



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# ALL-STAR THANKSGIVING



## Tom Colicchio's Brussels sprout leaves with bacon

Prep time: 30 minutes

Cook time: 15 minutes

- 2 lb Brussels sprouts
- 6 slices thick-cut bacon (6 oz), diced
- 1 Tbsp fresh thyme leaves
- 1 tsp kosher salt
- 1/2 tsp freshly ground black pepper

1. Bring 4 quarts of lightly salted water to a boil in a large saucepan. Remove any torn or discolored outer leaves from the Brussels sprouts, then trim their bases and cut out and discard the cores.
2. Add sprouts to boiling water and blanch 4 to 5 minutes until they're crisp-tender and the leaves begin to open. Drain and refresh under cold water until they're cool enough

to handle. Carefully separate Brussels sprouts into leaves and blot dry on paper towels. (This can be done a day ahead; place leaves in a resealable bag in the refrigerator.)

3. In a large nonstick skillet, cook bacon over medium heat for 7 minutes or until just crisp. Remove bacon pieces with a slotted spoon and drain on paper towels. Discard all but 1 Tbsp of the bacon drippings from skillet. Reduce heat to medium-low; add sprout leaves, bacon pieces, thyme, salt, and pepper. Sauté 2 to 3 minutes, tossing gently, until just heated through.

Makes 8 servings.



*"This dish is an antidote to typical Brussels sprout Thanksgiving dishes, which involve cooking the sprouts whole so you end up with soft, brownish outer leaves and an undercooked center. It takes a bit longer to prepare, but it's worth it, because no one at the table gets stuck with raw or overcooked Brussels sprouts on their plate."—Tom*

JUDGE ON BRAVO'S TOP CHEF

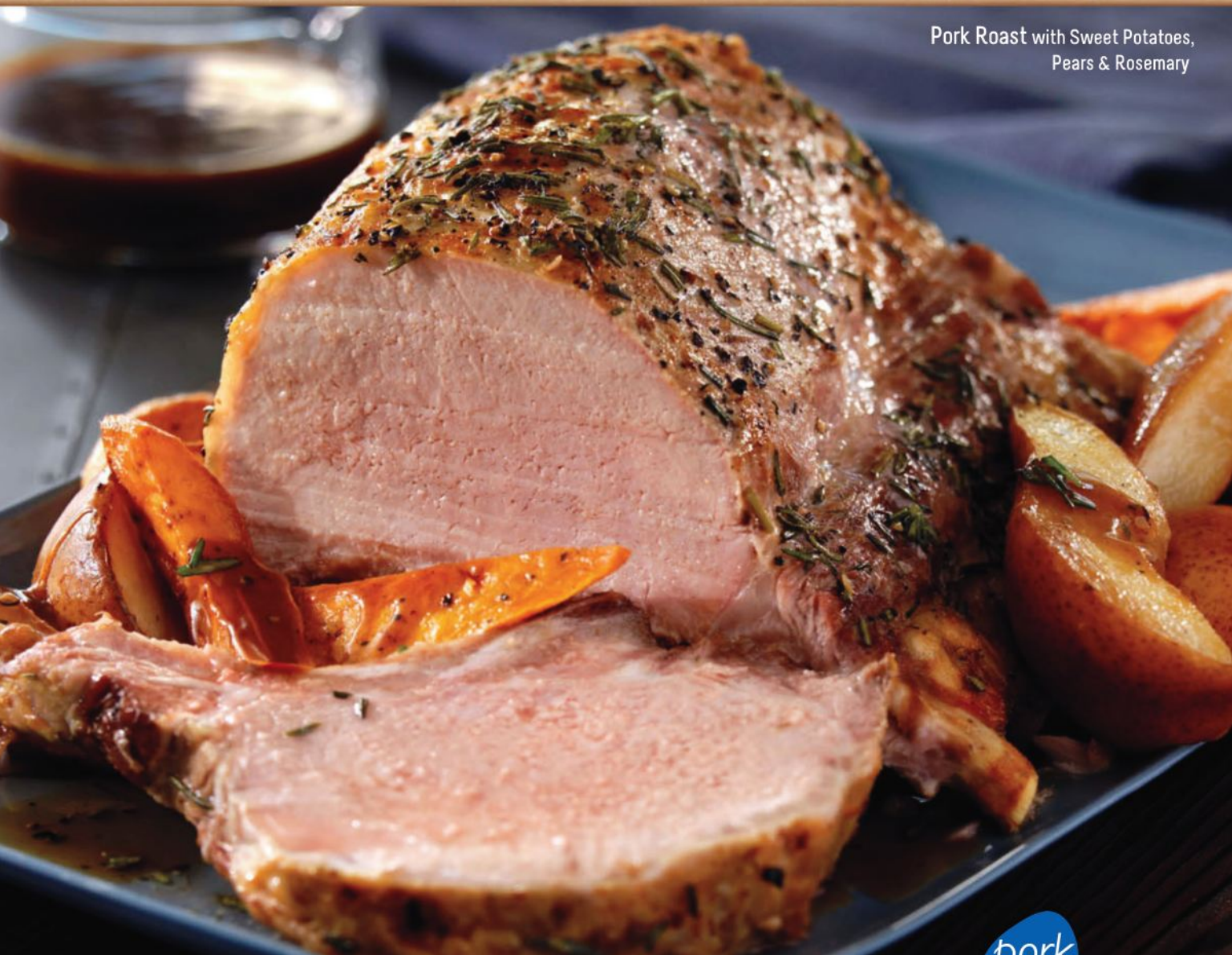
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# Be inviting

Pork Roast with Sweet Potatoes,  
Pears & Rosemary



Drizzled with cider sauce, this Pork Roast with Sweet Potatoes, Pears and Rosemary is the perfect centerpiece for your next get-together. Discover your next inspired idea at [PorkBelInspired.com](http://PorkBelInspired.com)



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# ALL-STAR THANKSGIVING

## Anne Burrell's maple-pumpkin bread pudding

Prep time: 20 minutes  
Cook time: 1 hour

- 1 Tbsp unsalted butter, softened
- 1 (15-oz) loaf challah bread, cut into 1-inch cubes (8 cups)
- 1/2 cup walnut pieces, coarsely chopped
- 1/2 cup golden raisins or dried cranberries
- 3 cups canned pumpkin puree
- 2 cups heavy cream
- 4 large eggs
- 1 cup pure maple syrup
- 1/4 cup packed brown sugar
- 1 1/2 tsp ground cinnamon
- 1 1/2 tsp vanilla extract
- 1/4 tsp each ground nutmeg and allspice
- Vanilla ice cream (optional)

1. Grease a 13x9-inch baking dish with butter. Add bread to dish, then scatter with walnuts and raisins. Gently toss to mix.
2. In a large bowl, whisk next 9 ingredients until blended. Pour evenly over bread mixture to cover, gently pressing down on bread cubes to submerge. Let stand 30 minutes.
3. Heat oven to 325°F. Bake dish 1 hour or until a knife comes out clean when inserted near the



*"One year I said to my mom, 'How come we always get pie, and not cake, at Thanksgiving?' To make me happy, she made a pumpkin bread pudding using challah. It was SOOOOO good, and a lot like cake! Now every year we have this instead of pie, and it rocks." —Anne*

HOST OF *SECRETS OF A RESTAURANT CHEF*  
ON FOOD NETWORK

center (a few moist spots in the middle are okay). Let cool in pan on a wire rack until just warm. Serve with ice cream, if desired. (Dish can be made a day ahead; reheat before serving.)

*Makes 12 servings.*



## David Guas's pecan pie

Prep time: 30 minutes  
Cook time: 50 minutes

### Crust

- 1 1/3 cups all-purpose flour
- 1 Tbsp sugar
- 1/2 tsp salt
- 1/2 cup (1 stick) unsalted butter, cut into small cubes

### Filling

- 1 large egg
- 5 large egg yolks
- 2/3 cup each cane syrup and light brown sugar
- 1/2 cup heavy cream
- 1/4 tsp salt
- 1/2 cup (1 stick) unsalted butter, cut into small pieces
- 1 tsp vanilla extract
- 1 3/4 cups pecan pieces

1. **Crust:** Pulse flour, sugar, and salt in a food processor to combine. Add butter; pulse until pieces are the size of corn kernels. Sprinkle 4 Tbsp ice water over mixture and pulse 6 times until dough starts to hold together (if it's still dry, add another 1 Tbsp ice water). Turn dough out on a work surface and form into a disc. Wrap in plastic wrap and chill 1 hour.
2. Heat oven to 325°F. Unwrap dough. On a lightly floured surface with a floured rolling pin, roll it out to a 12-inch-diameter, 1/8-inch-thick round. Fold into quarters and transfer to a 9-inch pie plate. Unfold and mold into plate. Trim edges to a 3/4-inch overhang. Turn edges under, crimp with fingers, and refrigerate.
3. **Filling:** Whisk egg and egg

yolks together in a bowl. Combine cane syrup, sugar, cream, and salt in a saucepan until blended. Add butter and cook over medium heat until melted, then cook until mixture is hot but not bubbling, 1 minute longer. Gradually whisk syrup mixture into eggs until blended. Stir in vanilla.

4. Sprinkle pecan pieces over bottom of crust and pour filling on top. Bake until filling is set around edges but center jiggles slightly, 45 to 50 minutes. Cool on a wire rack for 1 hour before slicing.

*Makes 8 servings.*



*"Granny and I used to collect fallen pecans in the fall and bring them home to shell and bake with them. Growing up in Louisiana, I ate the bulk of my pecan pie at the kitchen table surrounded by relatives. I can't imagine Thanksgiving without it." —David*

CHEF AND OWNER OF BAYOU BAKERY, COFFEE BAR & EATERY IN ARLINGTON, VA



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## Balsamic steak with arugula salad

1. Season steaks all over with  $\frac{1}{2}$  tsp *each* salt and pepper. Heat broiler.
2. In a large bowl, toss together arugula and feta.
3. Heat a large cast-iron skillet or nonstick skillet over medium-high heat. Add 1 Tbsp olive oil, then steaks. Cook for 3 to 4 minutes on one side; turn and brush with balsamic glaze. Cook 3 to 4 minutes more for medium-rare doneness.
4. Meanwhile, brush tomatoes with olive oil and sprinkle with  $\frac{1}{4}$  tsp *each* salt and pepper. Broil 4 inches from heat for 1 to 2 minutes.
5. Toss arugula salad with lemon juice and a drizzle of olive oil. Serve with steaks and tomatoes.

Makes 4 servings. Each serving: 364 cal, 25 g fat, 27 g protein, 6 g carb.



## Classic steak frites

1. Heat oven to 450°F. Cook fries according to package directions.
2. Season steaks all over with  $\frac{1}{4}$  cup coarsely ground black pepper and  $\frac{1}{2}$  tsp salt.
3. Heat a large cast-iron skillet or nonstick skillet over medium-high heat. Add 1 Tbsp olive oil. When oil sizzles, add steaks. Cook 3 to 4 minutes, then turn and cook 3 to 4 more minutes for medium-rare doneness. Transfer to a plate; keep warm.
4. Remove the skillet from heat and add brandy. Place skillet over medium-high heat and bring brandy to a boil. Add heavy cream and cook over high heat until reduced and thickened, 2 to 3 minutes. Stir in  $\frac{1}{4}$  tsp salt. Pour over steaks. Serve with fries and steamed broccoli, if desired.

Makes 4 servings. Each serving: 545 cal, 38 g fat, 28 g protein, 23 g carb.



—RECIPES BY BARBARA CHERNETZ

DISHES: STEAK, FRIES, BRANDY, CREAM: PHOTOGRAPHED BY STEVE GIRALT. FOOD STYLIST: FRANK MELODIA. PROP STYLIST: STEPHANIE HANES. ARUGULA: J. MUCKLE/STUDIO D. FETA: GEMMA COMAS. BALSAMIC GLAZE: COURTESY OF MANUFACTURER. TOMATOES: GUNAY MUTLU/GETTY IMAGES. LEMONS: ISTOCKPHOTO.COM. BROCCOLI: CREATIVE CORP/GETTY IMAGES.



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50 grams of saturated fat

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## WAIT, DON'T ORDER THIS...

### REDBOOK's warm apple crisp

#### Filling

- 1/3 cup packed light brown sugar
- 4 tsp all-purpose flour
- 1/2 tsp ground cinnamon
- 4 large Granny Smith apples (2 lb), peeled, cored, cut into 3/8-inch-thick slices
- 1 Tbsp fresh lemon juice
- 1 Tbsp light butter (like Land O'Lakes), cold, cut into pieces

#### Topping

- 1/3 cup each coarsely chopped walnuts, old fashioned rolled oats, and packed light brown sugar
- 1/4 cup all-purpose flour
- 1/4 tsp ground cinnamon
- 3 Tbsp light butter, cold, cut into pieces
- 1 cup low-fat vanilla ice cream
- 1 cup fat-free non-dairy whipped topping
- 4 tsp fat-free caramel topping

**1. Filling:** Heat oven to 350°F. Coat an 8-inch square baking dish with cooking spray.

**2.** In a bowl, mix sugar, flour, and cinnamon. Add apples and lemon juice; toss to coat. Mound filling in prepared baking dish and dot with butter, cut into bits.

**3.** Bake 25 minutes. Remove; cool on a wire rack. Increase oven temp to 375°F.

**4. Topping:** In a bowl, toss walnuts, oats, sugar, flour, and cinnamon. Add butter; rub in with fingers until evenly moistened and crumbly.

**5.** Sprinkle topping evenly over apples, pressing down lightly. Return dish to oven and bake 25 minutes or until the top is crisp and browned and the filling is bubbly.

**6.** Cool on a wire rack just until warm. Spoon into four serving bowls. Top each with 1/4 cup ice cream, 1/4 cup whipped topping, and a drizzle of caramel topping.

*Makes 4 servings. Each serving: 532 cal, 15 g fat, 5 g saturated fat, 7 g protein, 99 g carb.*



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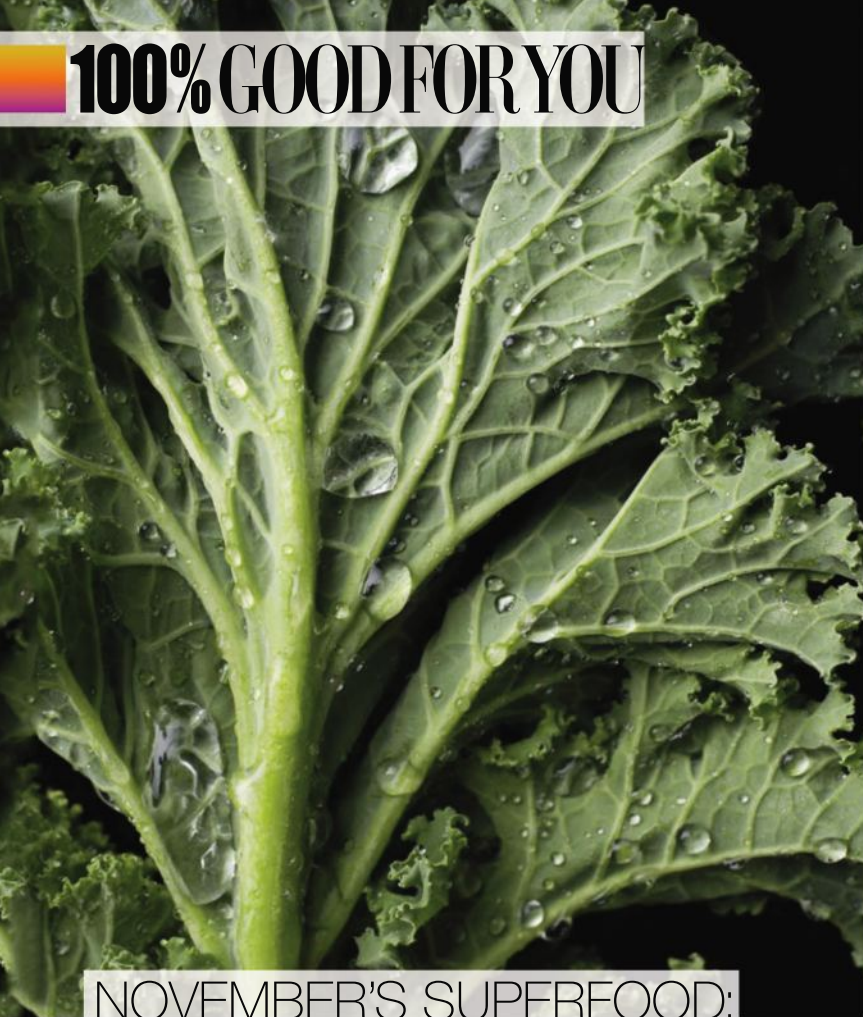
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## NOVEMBER'S SUPERFOOD:

### KALE

As greens go, kale is the undisputed king: It has more disease-fighting antioxidants than even spinach, and it's packed with vitamin A, vitamin C, iron, and calcium. Grab a bunch while it's in season, now through March. Although the leaves can taste a little bitter, the smaller ones are milder and more tender, says registered dietitian Molly Morgan, author of *The Skinny Rules*. It's great in salads tossed with lemon vinaigrette, and you've got to try kale *chips*. Wash the leaves, remove the stems, break into bite-size pieces, pat dry with a towel, and drop into a bowl. Evenly coat the kale with 1 tsp of olive oil and salt to taste, then arrange in a single layer on a parchment-lined baking sheet. Bake at 350°F for 10 to 15 minutes, until the edges are lightly browned. Crispy, salty, and crazy good for you. —KAREN ASP

## DON'T SNACK YOUR WAY FAT

Americans sure do love to graze: We eat about five times a day, according to a new study from the University of North Carolina at Chapel Hill (compared to less than four times daily in the 1980s). Thing is, many of us are nibbling on candy, chips, and sugary drinks in between meals, says lead study author Kiyah Duffey, Ph.D., and as a result we're taking in an extra 570 calories daily. Happily, there's no need to swear off snacking; just follow these rules from registered dietitian Marissa Lippert.

- **GO FOR SNACKS THAT ARE 150 TO 200 CALORIES.** Anything more than that is a small meal.
- **STICK WITH A COMBO OF PROTEIN AND CARBS,** like an apple and peanut butter, Greek yogurt, or cheese and fruit—their staying power can help fight cravings for sweets.
- **PACK THEM IN THE MORNING AND CARRY THEM WITH YOU.** Otherwise, it'll be too easy to hit the vending machine for Cheetos when a snack attack strikes. —K.A.



## WE JUST CAN'T STOP EATING...

### 1 Justin's Organic Dark Chocolate Peanut Butter Cups

"I would choose this dark-chocolate variety over regular peanut butter cups any day," raved a staffer. They aren't too sweet, plus they're smooth and creamy—and offer heart-healthy antioxidants. (\$1.99 for 2, at Super Target and Whole Foods Market)

### 2 Late July Organic Mild Green Mojo Multigrain Chips

Staffers loved the subtle spiciness of these chips, which are made with whole grains and seeds and have a dose of cholesterol-reducing omega 3's. "It's hard to believe they aren't secretly terrible for you," one taster said, adding, "Now I need a beer!" (\$3.19, at grocery stores nationwide)

### 3 Häagen-Dazs Vanilla Caramel Snack-Size Sundae Cones

Many premium ice cream bars have 250 calories or more—but these smaller treats are a reasonable 170. "The chocolate-dipped waffle cone is definitely the best part," one taster declared. (\$5.49 for 5, at grocery stores nationwide)







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## HUNGRY GIRL'S FOOD FIX

3-ingredient dishes: low-cal, fast, kinda magic!

Hungry Girl Lisa Lillien throws these meals together when she doesn't feel like cooking—or resorting to pizza.



### TUNA-STUFFED PEPPER

The perfect dinner for one, though a bunch of 'em also work if you've got a village to feed. They're fresh-tasting and super-filling, with a whopping 30 grams of protein. **MAKE IT:** Heat oven to 375°F. Spray a baking pan with nonstick spray and set aside. • Slice off the top of **one red bell pepper**, removing stem and seeds; rinse and pat dry. • Combine **one 5-oz can albacore tuna packed in water**, drained and flaked, with **1 Tbsp Dijonnaise** (or make your own fat-free mayo and Dijon mustard mix). Scoop mixture into pepper. • Place pepper in pan and bake until softened, about 25 minutes. • Each pepper: 188 cal, 3 g fat.



### CRUNCHY TURKEY TACOS

The three-ingredient taco party: Olé! **MAKE IT:** Spray a skillet with nonstick spray and bring it to medium-high heat on the stove. Drop in **1 1/4 lb lean ground turkey**; break up turkey with a spatula and stir occasionally for about 8 minutes, until turkey is mostly cooked. • Add **1/4 cup water** and **2 tsp taco seasoning mix** and mix well. Again, stir occasionally until water has evaporated and turkey is fully cooked, about 3 minutes. • Allow to cool slightly, then divvy up into **12 corn taco shells**, about 1/4 cup turkey mixture each. Garnish with extras like shredded lettuce and sliced avocado, if desired. • Two basic tacos: 258 cal, 12 g fat.



No wonder she looks so relaxed: Dinner's done.



### WORLD'S EASIEST CHICKEN EMPANADAS

So not diet food, but low-cal anyway.

**MAKE IT:** Heat oven to 375°F. Spray a baking sheet with nonstick spray and set aside. • In a medium bowl, season **6 oz cooked, shredded skinless chicken breast** (about 1 breast) with salt and pepper, then add **1/4 cup salsa**. Mix well. • Roll out 1 package **Pillsbury Crescent Recipe Creations Seamless Dough Sheet** into a large rectangle of even thickness. Cut lengthwise into two even strips. Next, cut each strip across its width into thirds, so you're left with six rectangles of dough. • Stretch out each rectangle just a bit. Evenly distribute chicken mixture among centers of dough. • Fold dough into triangles; then, using a fork dipped in water, press edges around filling to crimp and seal. • Place empanadas on baking sheet and bake until golden brown, about 12 minutes. • Each empanada: 157 cal, 6.5 g fat.

Ask Hungry Girl

## How can I survive Thanksgiving without a calorie hangover?

My number-one rule: Eat a filling breakfast and have a light meal several hours before the big one.

It might seem like a smart idea to starve yourself all day in order to splurge on a big holiday feast, but in your hungry daze, you're more likely to make bad food decisions (and some enemies—no one likes a cranky guest). Also, keep alcohol to a

minimum: Liquid calories add up quickly, and after a few drinks, you may have less self-control around the fatty foods. Fill your plate with salad, white-meat turkey, and veggies, then sample small portions of the decadent stuff. As for dessert, one's fine, but if you're tempted by seconds, pop a mint. They're surprisingly effective at warding off pie cravings. It's like brushing your teeth before dessert!



**Hungry for more?** Sign up for Lisa's free email newsletter at [hungry-girl.com](http://hungry-girl.com), and tune in to Food Network every Sunday at 10 a.m. ET for *Hungry Girl*.

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# SHOP THE ISSUE

## 5 TRICKS TO...

### WASH YOUR FACE RIGHT

**PAGE 61:** Eau Thermale Avène Gentle Milk Cleanser, \$18; aveneusa.com. Lancôme Bi-Facil Double-Action Eye Makeup Remover, \$26; Lancôme boutiques and counters nationwide, lancome.com. The Body Shop Vitamin E Exfoliator, \$20; thebodyshop-usa.com.

## BEAUTY SHOPPER

**PAGE 64:** L'Occitane Limited Edition Shea Butter Lip Balm, \$12; L'Occitane boutiques, usa.loccitane.com. Dior Mini Brush Set, \$62; Dior Beauty counters nationwide. Bare Minerals Ready Eyeshadow 4.0 Quad, \$30; bareescentuals.com. Giorgio Armani Beauty Designer Lift Foundation, \$65; giorgioarmanibeauty-usa.com. Givenchy Gloss Crystal Shine, \$26.50; sephora.com. Origins Plantscription Anti-aging Eye Treatment, \$42.50; origins.com. Emilio Pucci Miss Pucci Intense eau de parfum, \$60; Sephora, sephora.com. Matrix Color Care Miracle Treat 12 Lotion Spray, \$16; matrix.com for salons.

## CELEBEAUTIES

**PAGE 66:** Tom Ford Lip Color, \$48; neimanmarcus.com. Thierry Mugler Angel eau de toilette, \$97; us.boutique.thierry mugler.com. Benefit Benetint cheek stain, \$29; benefitcosmetics.com. Laura Mercier Tinted Moisturizer, \$42; lauramercier.com. Dr. Hauschka Cleansing Milk, \$36.95; drhauschka.com. Chanel Nail Colour, \$25; chanel.com. Borghese Nail Lacquer; borghesenailcare.com for stores. Gleam by Melanie Mills luminizer, \$40; gleambymelaniemills.com.

## ANTIAGING

**PAGE 68:** Avon Anew Genics Treatment Cream, \$38; avon.com.

## Q & TRIPLE A

**PAGE 69:** Rodan + Fields Anti-Age Shield

Hand Balm SPF 30, \$43; rodanandfields.com. Echo gloves, \$115; echodesign.com. CND Nail Colour, \$9; cnd.com.

## 8 WORK OUTFITS EVERY WOMAN NEEDS

**PAGE 142:** Reiss coat, \$520; reiss online.com. Eva Franco dress, \$295; evafranco.com. Jones NY necklace, \$55; 800-848-8668 for stores. Kate Spade New York bag, \$395; katespade.com.

**PAGE 143:** H&M Conscious Collection dress, \$80; hm.com for store locations. Strenesse Gabriele Strehle blazer, \$740; Pamela Robbins, Scarsdale, NY, 914-472-4033. Raina Belts belt, \$105; rainabelts.com. Lenora Dame earrings, \$40; lenoradame.com.

**PAGE 144:** Loft top, \$36.50; loft.com. Magaschoni cardigan, \$325; magaschoni.com. Gap belt, \$29.95; gap.com. Joe's pants, \$178; joesjeans.com. Lia Sophia ring, \$52; liasophia.com. Citizen watch, \$250; citizenwatch.com. Rachel Reinhardt bracelet, \$85; accessoryartists.com. Attilio Giusti Leombruni oxfords, \$380; Nordstrom.

**PAGE 145:** Talbots skirt, \$159; talbots.com. Uniqlo shirt, \$29.90; Uniqlo, NYC, 917-237-8800. Julie Collection necklace, \$345; juliecollection.com. Eyebobs glasses, \$75; eyebobs.com. Anna Beck ring, \$173; annabeckdesigns.com. Citizen watch, \$165; citizenwatch.com. Skinny by Jessica Elliot bangle, \$30; skinnystyle.com. Dana Davis shoes, \$395; danadavis.com.

**PAGE 146:** Diane von Furstenberg dress, \$385; dvf.com. Pono by Joan Goodman necklace and bracelets, \$95 to \$215; 866-336-PONO for retailers. Coach shoes, \$228; coach.com. Brahmin bag, \$345; brahmin.com.

**PAGE 147:** Kate Spade New York top, \$225; katespade.com. L.K. Bennett blazer, \$545; L.K. Bennett, Atlanta, 404-991-5850. Magaschoni skirt, \$248; magaschoni.com. AmaraGold earrings,

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take note

\$170; amaragold.com. Anna Beck **necklace**, \$184; annabeckdesigns.com. Heather Belle **ring**, \$45; heatherbelleco.com. Danielle Nicole **bag**, \$128; danielle-nicole.com. Raoul **shoes**, \$265; Halls, Kansas City, MO, 800-624-4034.

**PAGE 148:** David Meister **dress**, \$355; Neiman Marcus. Carolee Lux **earrings**, \$55; carolee.com. Lia Sophia **bracelet** (top), \$130; liasophia.com. Send the Trend **bracelet** (bottom), \$29.95; sendthetrend.com. feNa **clutch**, \$237; fenadesigns.com. L.K. Bennett **shoes**, \$345; L.K. Bennett, Atlanta, 404-991-5850.

**PAGE 149:** MiH Jeans **jeans**, \$189; denimhabit.com. Express **top**, \$49.90; express.com. L.L. Bean Signature **jacket**, \$199; llbeansignature.com. Rebecca **necklace**, \$495; mednikow.com. Julie Collection **bracelet**, \$165; juliecollection.com. Tory Burch **shoes**, \$375; toryburch.com.

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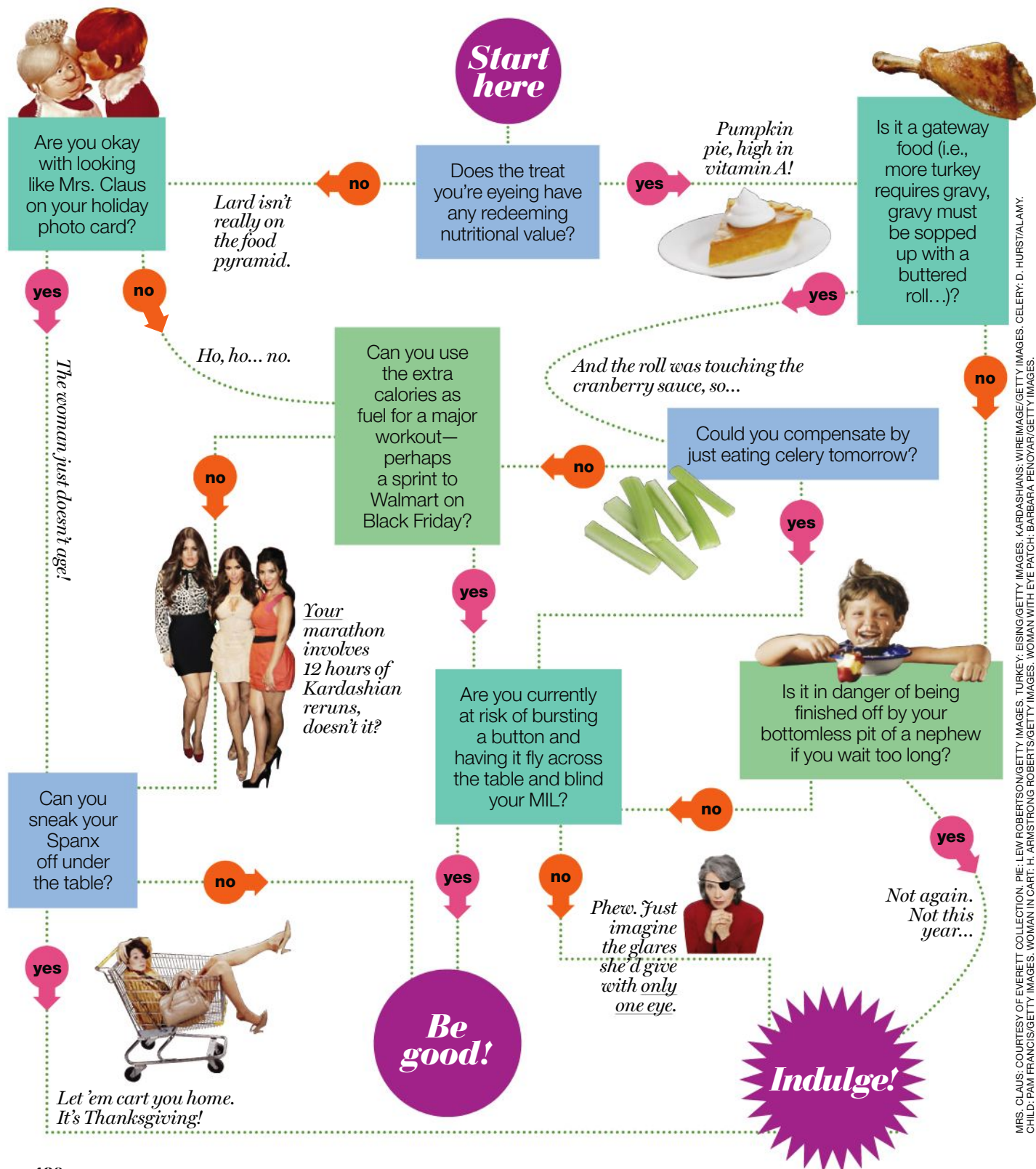


Coldwater Creek



## Be good **or** indulge?

The holiday season begins, bringing family, togetherness... and a third helping of sweet potatoes? Play on to decide whether to dig in or hold back. By Melissa Day



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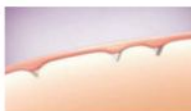
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